Longmeadow High School

Making a Lasting Impression

2004

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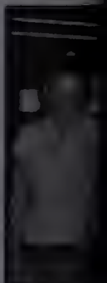


2 Opening

16 Administration, Faculty & Staff

32 Seniors

80 Underclass

10 Stu Life

10/04

Richard Salter Storrs Library
693 Longmeadow St.
Longmeadow, MA 01106

t
126 Fine Arts
138 Sports
170 Clubs & Organizations
192 Community

Making a Lasting Impression

2004

Longmeadow High School

95 Grassy Gutter Road
Longmeadow, MA 01106

LONGMEADOW
The DONS
AERO

Thanks for Making

Dr. Thomas McGarry

Superintedent: 1987-2004

The Class of 2004 would like to recognize one of our fellow 'graduates,' Dr. Thomas McGarry.

Dr. Thomas McGarry can truly look back at his years in Longmeadow with great pride and with a sense of real accomplishment.

As someone dedicated to lifelong learning, he has provided true leadership as we strive to make our schools wonderful institutions of learning.

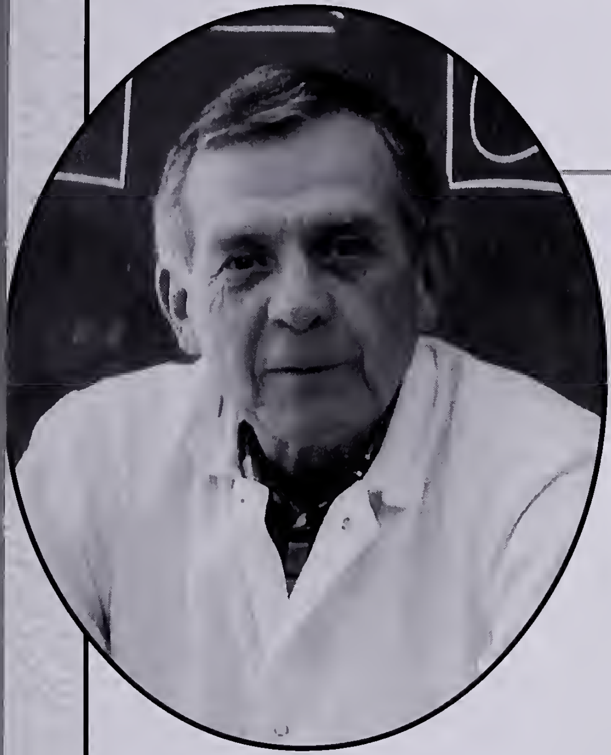
Dr. McGarry has always encouraged us to challenge our abilities, to work together as a team, and to contribute to our community.

In the words of our principal, Mr. Larry Berte, "The success of our students is testimony to his fine efforts."

Dr. Mary Ann Sedran, principal at Williams Middle School states that Dr. McGarry's heart "is a teacher's heart... He cares deeply about the children and our community."

The Graduating Class of 2004 wishes Dr. McGarry the very best and extends a sincere thanks for always having his "Eyes on the Child."

Such a Great Impression



Mr. David Slate

Science Teacher: 1970-2004

On behalf of the entire senior class, this yearbook is dedicated to a great teacher and friend who has truly made a difference in many students' lives.

"If you can't be good, be careful; the liver you save may be your own." - Caitlin Dugre

"I'll never forget the scantron tests." - Mike McKay

"I don't know how he can remember everyone's nicknames." - Lauren Young

"He made learning fun - he's a cool guy."- Jason Altman

"He made the labs pretty interesting" - Adnan Faruqi

"I liked it when he called me a weasel." - Chelsea Reilly

"He seems like a great mentor. He's hilarious. He's a great teacher and he could never find a nickname for me."
- Linda Hwang

"I never even had him for a teacher and he still had a nickname for me." - Jennifer Hoff

"He made fun of me for four years and I only had him my freshman year." - Anna Chin

"SLATE!" - Colleen Perry

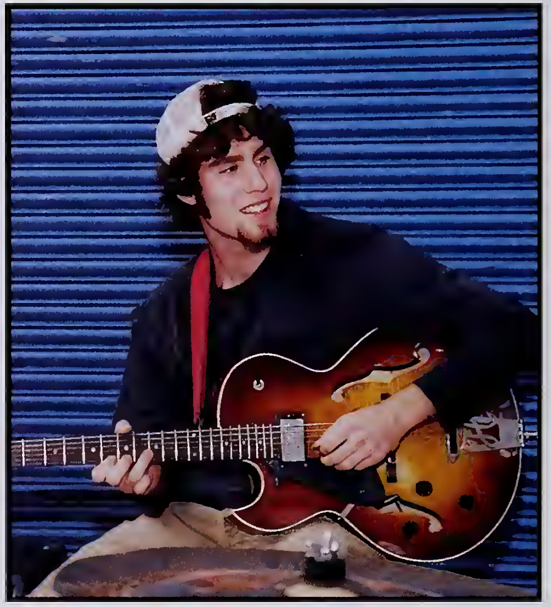
"Slate, you'll be missed - the country music, the nicknames, and destroying our projects in the back of your room. I never would have passed biology with my facilities intact without you as my teacher. Whether grinding liver or watching lemmings jump off cliffs, there was never a dull moment in class. Thanks for the insane class that saved my sanity and have a terrific time fishing away your retirement." - Amanda Jason

Megan Riley, Leigh Urbschat, Jayme Gershen, Phil Landry, Matt Sullivan, and Anthony Gentile, kick off the "Accept the challenge" theme by singing the National Anthem..

Travis Roy Makes a Lasting Impression on LHS

Beloved Longmeadow educator Roger LeBlanc gives a speech during the ceremony he envisioned. Chair of the "Accept the Challenge" Committee, Rog originated the idea of a community read of Eleven Seconds. Author Travis Roy came to LHS to speak on the first day of school.

Travis Roy's father joins members of the hockey team, Bryan Methe, Bret Johnston, Joey Furnari, Kent Graham as they present Travis with a gift basket on behalf of LHS.

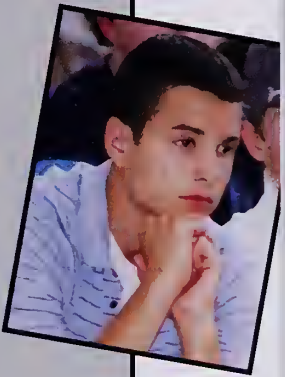


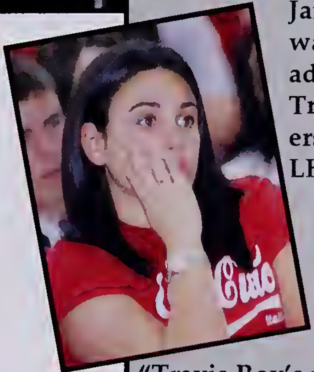
Teachers and students alike come together to perform music, celebrating the festivities. As part of the student-faculty band, Doug Ratner plays a tune on his guitar.

Travis Roy inspires the Longmeadow Community. His messages on goal setting, living life to the fullest, and appreciating loved ones leave Longmeadow students eager to begin the year.

What Do Students Think of Travis Roy?

"Travis has been an inspiration to not only me, but everyone. He persevered regardless of what life threw his way, and made the best of each moment. The only thing constant in life is change."
Paul Weisser



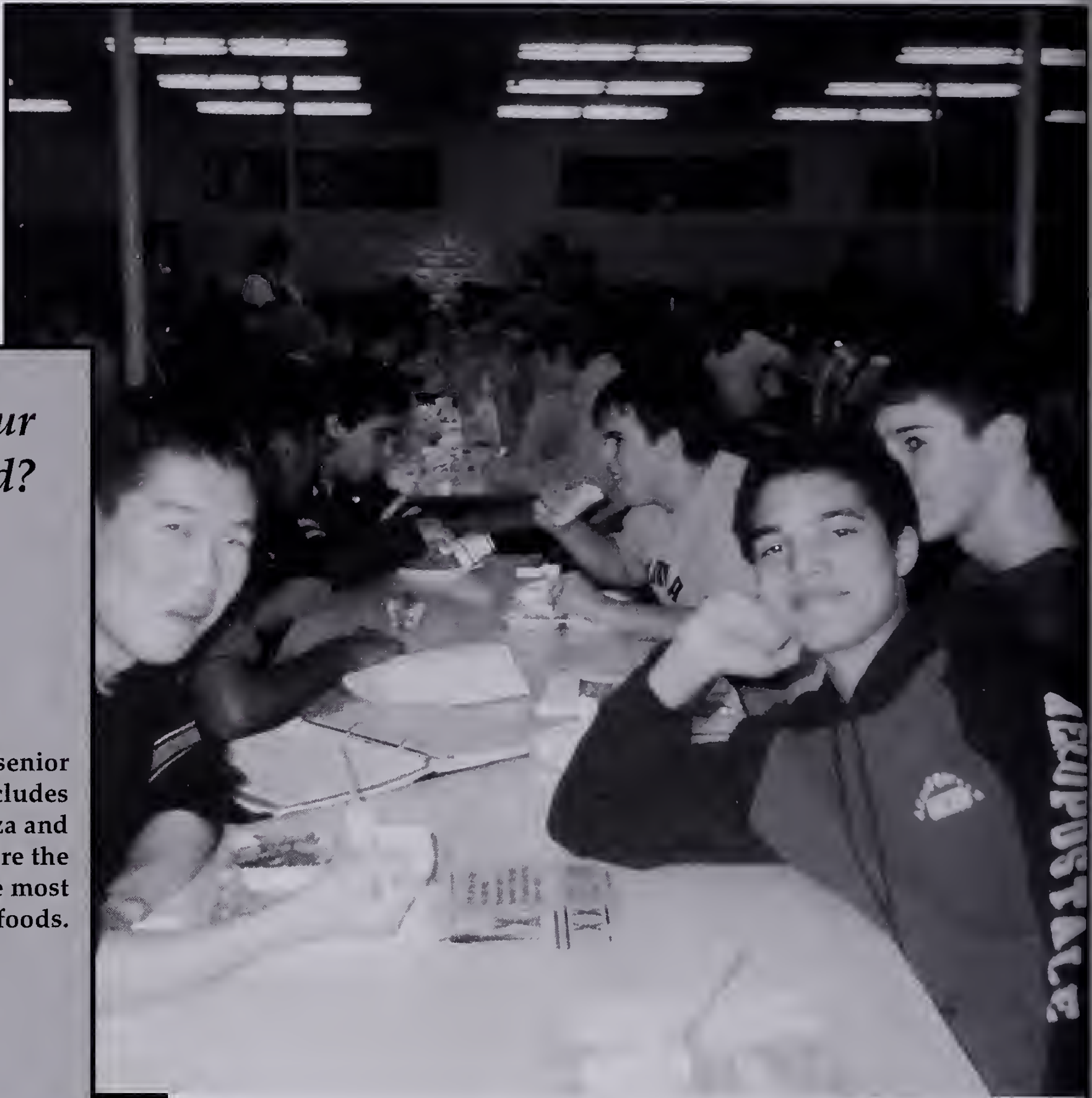


Jamie Webber watches on in admiration as Travis Roy delivers his message to LHS.

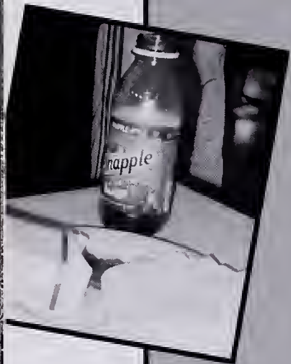
"Travis Roy's presence was incredible. The most rewarding part was looking around and seeing expressions of astonishment on everyone's faces."
Mike McDonough

Student Council members Katie Manzi and Carly Chase welcome Travis to LHS.

John Whang and Cameron Leroy grab a bite to eat. Wait, where's the homework?

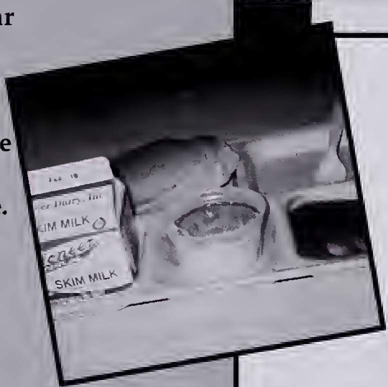


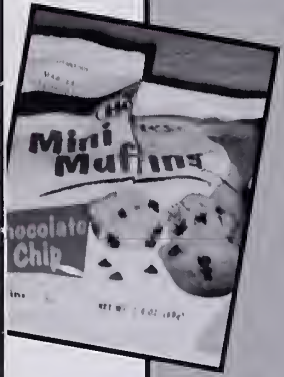
What's your favorite food?



A recent senior survey concludes that pizza and chicken are the among the most favorite foods.

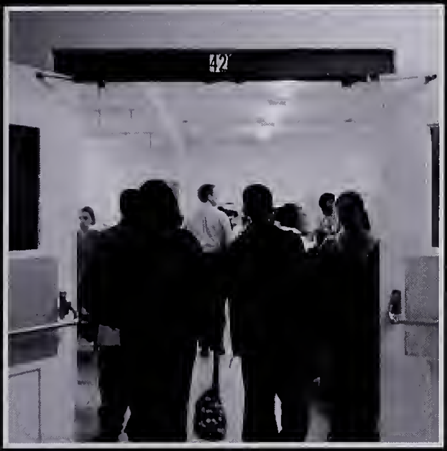
Trailing not far behind in the favorite food survey are ice cream, Chinese food, and Mac & Cheese.





Some of the more exotic responses for favorite food were Baked Alaska, "anything at Matt's house", cheese fondue, and Buriyani.

Jamie Webber, John Glynn, Lauren Bedard and Ashley Lewis enjoy their lunch time at this prime senior table right next to the vending machines.



Welcome to the Cafeteria!

Though somewhat segregated by grade, the cafeteria is definitely the mecca of social activity at LHS. Noisy, crowded, and always a different temperature from the rest of the school, the cafeteria remains the only place we can go to eat. Now don't misinterpret, students love the atmosphere of the cafeteria about as much as they love the food.

Ignoring the healthier lunch options, Chelsea Reilly and Kim Howard snack on fries while enjoying each other's company.

Jen Leduc, Hannah Grayboff, Christine Mooney, Rebecca Whiteford, and Nicole Sobel are part of the clean tray club.

Cinnamo
Toas
Crunch

Jared Berezin, the cereal killer, shows off his Halloween costume and his love for breakfast treats.

Even in the dead of winter, Tom Koenigs sports his tropical look for the rest of the class.

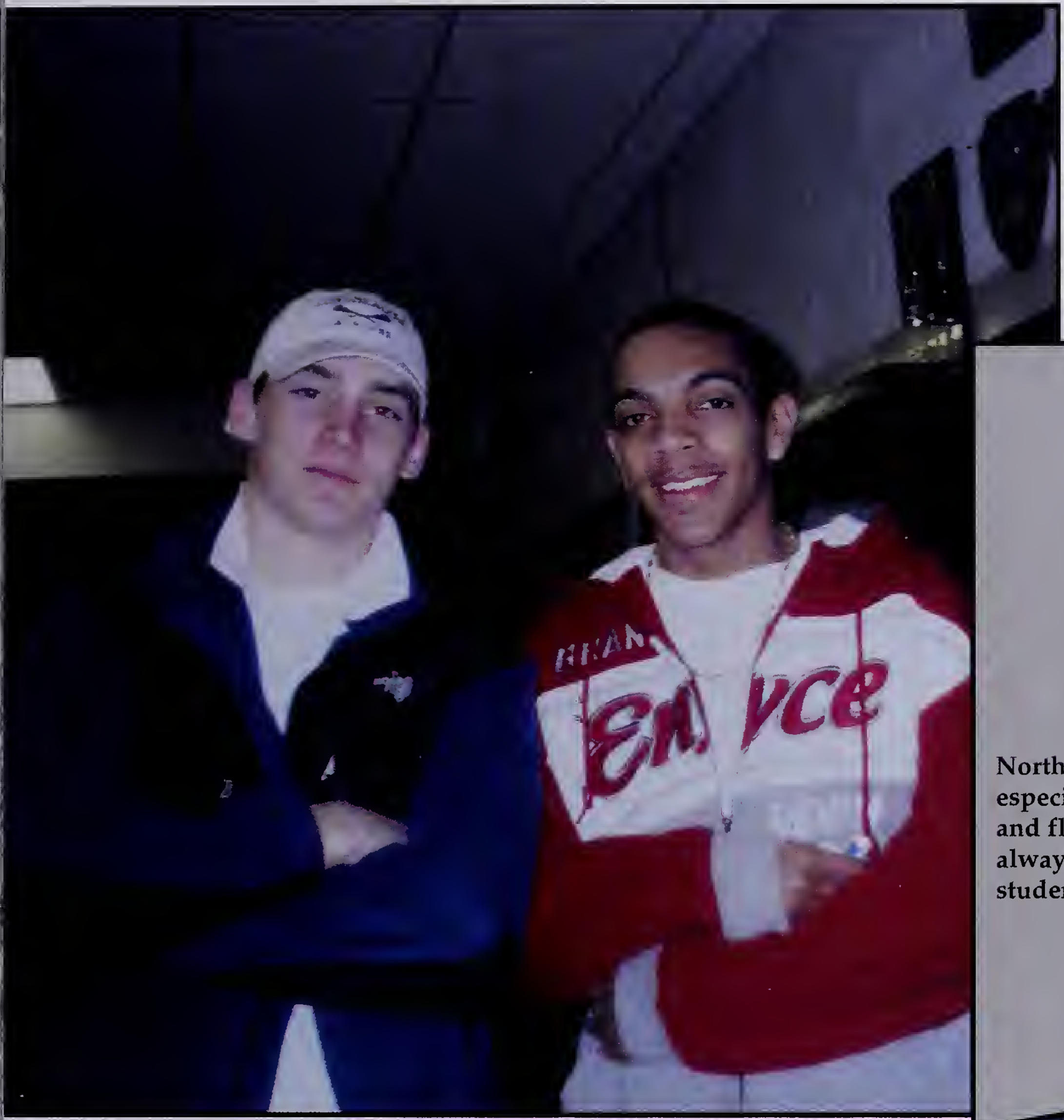
LONGMEADOW
WRESTLING

Dressed to Impress

Some of us grab the closest clothes on the way out the door, while others meticuously plan outfits days in advance. No matter the approach, clothes are a huge part of the high school experience. Fashion trends may change on a whim, but the styles they inspire definitely leave their mark.

Kay McEvoy and Rory Pasini go for and achieve the "All-American" look.

Nicole Sobel, always ahead of the trends, shows off her fashion expertise.



Seniors Ryan Reardon and Travis Suber, always in style, show off their finery.

LHS Fashion Trends

North Face attire, especially backpacks and fleece jackets, is always popular with students.

Bright scarves, like Amanda Bolduc's, are always fashionable during the winter.

Colorful sneakers are a huge trend at LHS. This bright pair really stands out.

Some students, like Matt Katz shown here dressed to look like one of Chaucer's Canterbury pilgrims, seem to have more unique styles than others.

Sophomores Lindsay Palazzi and Alexandra Coutu show off their long locks.

Great Hair Around LHS!

We're not quite sure what statement Kenny Leavitt is trying to make, but it certainly has made a lasting impression in LHS.

Sean McMahon's long hair definitely contributes to his awesome guitar playing ability.

Cameron Leroy shows just how pleased he is with his hair.

Matt Bertuzzi's hair seems to have a life of its own. Kudos to Matt for keeping the 'fro alive!

A Hair Raising Experience

From straight and sleek to unwashed and in need of a barber (cough...Matt Bertuzzi, Kenny Leavit, need we go on?),hair styles are as varied as the people who sport them. Whatever the style, hair is definitely a part of our teenage identity.

Peter Kadushin will do anything for the LHS wrestling team, like sporting this amazing mohawk

Bret Johnston, Brian Methe, Ryan Coughlin, and John Glynn are most certainly the center of attention with these do's!

Ryan Liebel, Marc Labb, Jake Barr, and Matt Hiser would rather wear hats than show their hair.

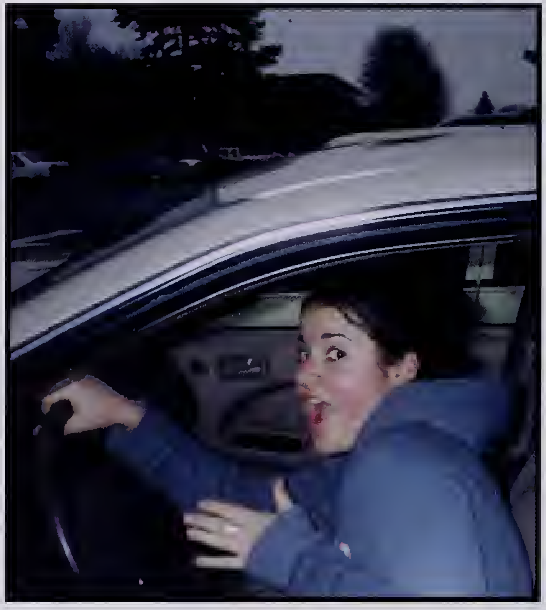
A teenager's car is a reflection of self. This car, covered in bumper stickers, obviously belongs to a big music fan.

Looking for a Ride?

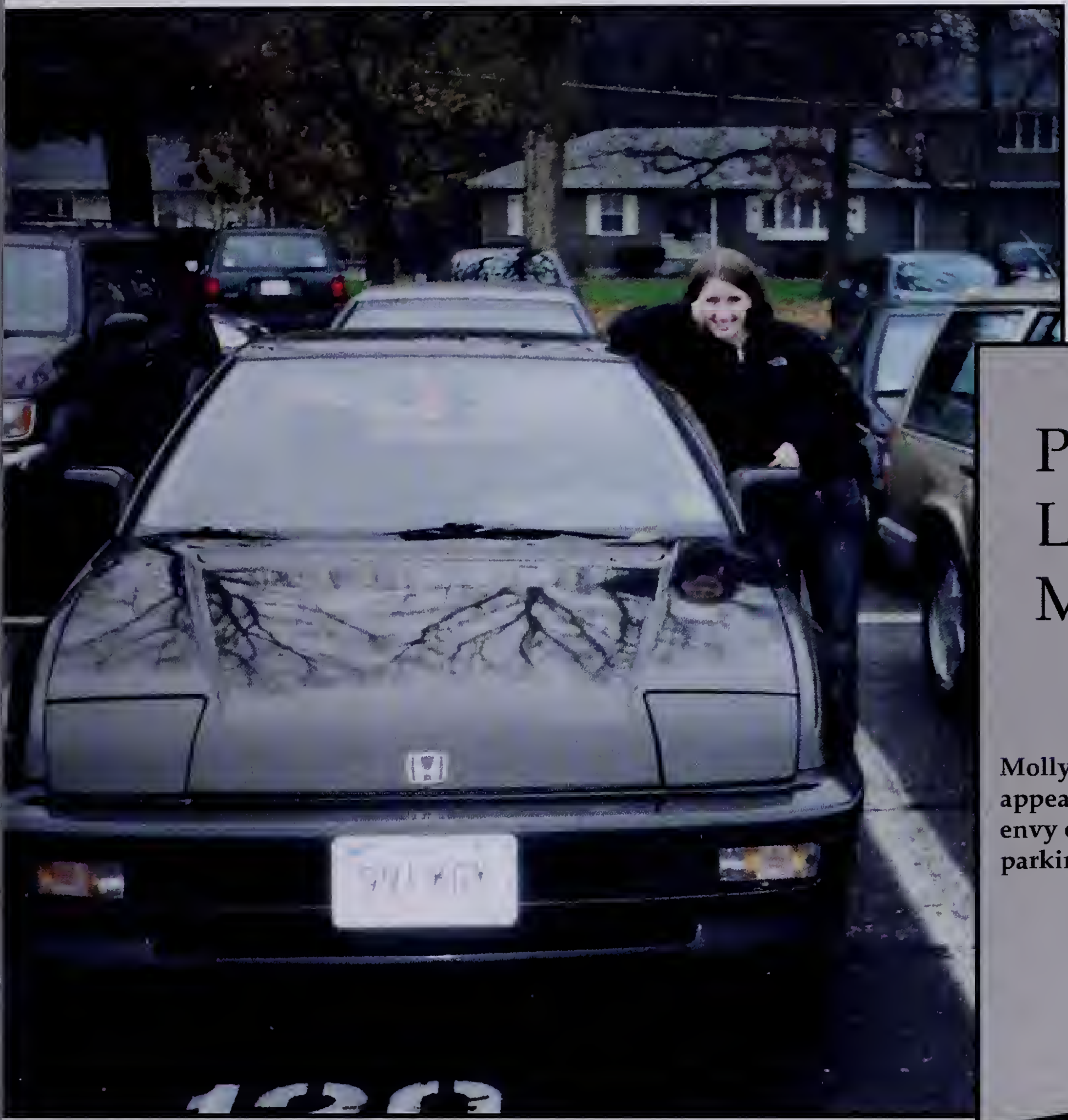
Let's face it, a teenager's car is more than just a mode of transportation. A car is a reflection of self. LHS will always remember the lines leading out on Fridays, the parking space crunch, and an occasional accident or two. Cars are as much a part of the high school experience as anything else.

Khambrel Wilson is caught coming to school late in his "tricked out" ride.

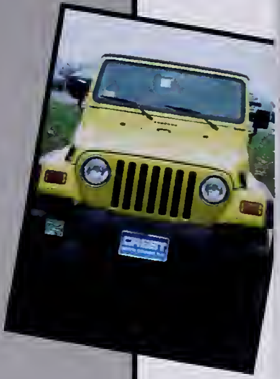
Leigh Urbschat can't think of anything more exciting than driving her car. Look at her go!



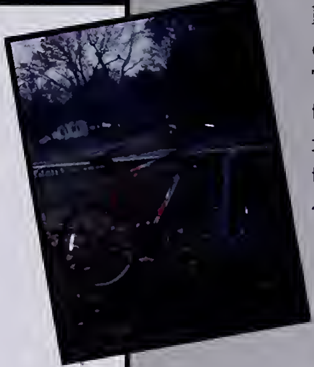
Parking Lot Memories



Erica White is very proud of her '91 Honda. She leans lovingly on it in the parking lot.



Molly Wagner's Jeep appears to be the envy of the LHS parking lot.



69% of seniors have cars to drive to school. The others have to find other means of transportation-- - like this bike.

Some cars leave bigger impressions than others. Certainly, this blue car is always noticed.

The cars in the parking lot are very diverse. This is just one of many that has seen better days.

Impressing Us With Knowledge

TEACHER
TEACHER
STARRING
LHS
FACULTY
TEACHERS Edition
$\frac{2+3}{X}=X$
TEACHERS Edition
$\frac{x-2+1}{Y}=R$

Administration, Faculty, & Staff

Administration

Dr. Thomas McGarry

Superintendant

Lawrence Berte

Principal

Martin O'Shea

Vice Principal

Vesta Brown

Dean of Students

On the opening day of school, Mr. Roger LeBlanc ("Rog") and Mr. Berte listen intently to Travis Roy's inspirational advice to "Accept the Challenge."

Ann Marie Connor

John Devine

Donna Lyons

ity is our
ngth
Linda McPartlan

Mike Rosemond

Pat Holgan Welch

Mrs. Lawson works diligently on student reccomendations.

The guidance department provides an invaluable service to the students of LHS. They provide freshman with schedule changes and directions to classrooms, sophomores with PLAN tests results and interpretations, and juniors with PSAT registration.

LHS seniors have a special relationship with their guidance counselors who aid the students in finding appropriate college matches, test registrations and meeting important deadlines. The senior class would like to thank each and every one of them for their guidance and support.

Math

Russell Campbell
Paul Dunkerley
Wayne Erxleben
Pauline Jacek

Meredith
Laughlin
Scott Little
Robert O'Connell
Sue Peters
Ginny Gustina

Karen Shea
Geoff St. Pierre
Kathy Wells

Mrs. Jacek and Christina Lee prepare for the big test.

Science

Sue Bayley
Janet Coyne
Karen Cuthbert
Jamie Dibbern
Jeff Goodwin

Ron Hirsch
Eric Howard
Rick Linden
Tiffany Newton
Dave Slate

Joanne Sleigh
Robert Weir

Joey Furnari's Impressions of Sr. Riccio:

Looking back at my time here at LHS, there is one single classroom moment that sticks out in my mind. This moment, of course, occurred in my Spanish III class with Sr. Riccio. Anyone who has taken Spanish with Sr. Riccio could tell you about the everyday vocab quizzes, the worldly knowledge tips, and the heroic stories of cousin Guido. These fixations of Sr's classes are quite memorable, but the one thing I will never forget is the time Sr. Riccio bailed me out in front of my classmates.

Midway through the second semester, Sr. Riccio promised my class a party if we all handed his treacherous homework assignment in on time. Every student but one did it, and of course, that one student was me. After getting tortured by my classmates, Sr. asked to speak to me in the hallway. As I wondered how he was going to scold me, Sr. reached into his wallet and gave me twenty single dollar bills. He told me to go to the vending machine and get twenty ice-cream bars. When I came back to class with the ice-cream, my fellow students were in shock at my generous gift to the class. I tried to tell them Sr. Riccio gave me the money to buy the ice-cream, but he denied doing such an act.

This action of Sr. Riccio reveals his true character. He stepped down from his strict teaching role, and became a friend to a student who was in a desperate need of one. He could have easily joined my classmates and continue to humiliate me, but instead he went against the crowd and became a hero. Many teachers would not have done this for a student, but Sr. Vito Riccio did. Next year, he will be missed by everyone he has taught in the class of 2004.

Mr. Dibbern's Impressions of Richard Pearson

As a freshman, Richard was in my Physical Science class. During a lecture one day I explained how objects don't "touch" but rather interact. For the rest of the year Richard would, out of the blue, ask some question about the phenomenon. He couldn't let go. It taught me that I had interested an inquisitive student. It also taught me to be careful because some kids were actually listening.

English

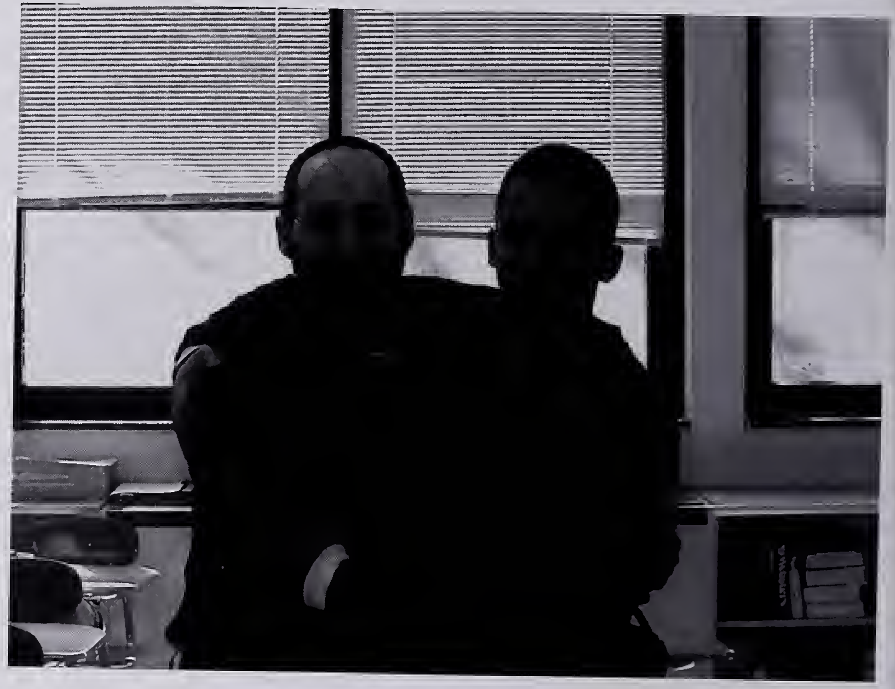
Mary Ellen Barker
Pamela Cangemi
Mark Cormier
Karla Drake
Jennifer Givens

Laura Goldstein
Linda McShane
Jessica Moore
Jane Murphy
Pam Pion

Janice Pontacoloni
Mark Staples

Mark Staples's Impressions of Medhi Rizvi:

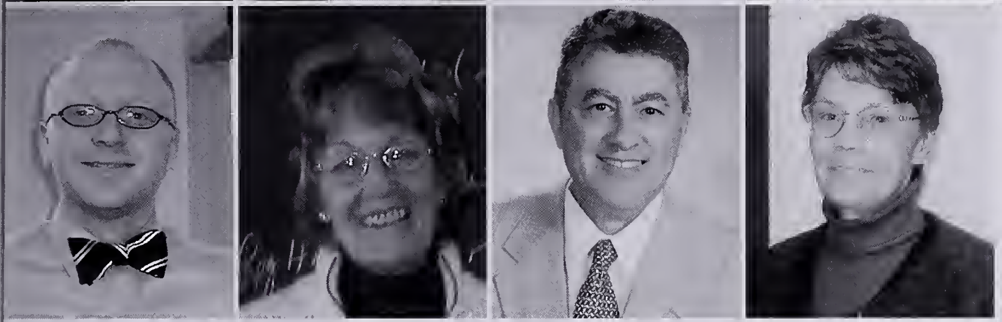
My sophomore honors class of 01"-02" was blessed with number of engaging personalities, but none so memorable as the class mascot, a brilliant student known around the school for his speaking wit and endearing Irish broque. He led the intellectual vanguards of the class, towering over his peers with the brilliancy of his insights.



Mark Staples and Mehdi Rizvi display their mutual admiration..

Foreign Language

Lisa Alves
Kimberly Buescher
George Carrellas
Molly Colgan
Lorie Healy

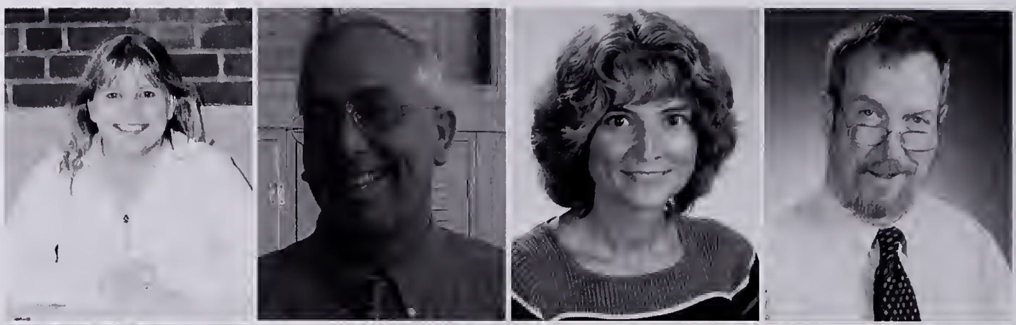


Matt Ream
Carol Rhodes
Vito Riccio
Kate Wiseman

Rory O'Brien shows his love and admiration for Sra. Rhodes.

Social Studies and Physical Education

Amy Brazee
Bob Delano
Mary Ellen Dillon
John Fitzgerald



Gideon Fischer
Lori Snyder
Joe Sweeney
Stewart Walker

Mike Deary
Rita Hawker
Alex Rotsko
Nick St. George

VORED MILK
16oz $1.00
Chocolate

Mr. Fischer and Derek Gyllenhammer discuss aspects of Communism during lunch.

Art, Music, and Business

Kate Butler
Deb Callahan
Hilary Godin
Judy Neilson

Mike Mucci
Peter Thomsen
Kayla Werlin

Vivian Morse
John Pantuosco
Matt Flanagan

Mrs. Werlin rehearses with La Capella in the cafeteria before a concert.

Kayla Werlin's Impression of La Capella Seniors

To all the La Capella Seniors: Tracey, Kristie, Brittany, Whitney, Erin, Sarah, Ebonee, Sara, Kim, Linda, Rainey, Laura, Kara, Lana, Julie. My memories of you are filled with the sounds of the music we have shared: Laudate Pueri; It's Raining Men; Ain't I a Woman; Gabriel's Trumpet; Walking on Broken Glass; Praise His Holy Name; Ach Synkee; Synker; Ke Nale Moona; You Don't Own Me; Ceremony of Carols; and much more. I can't thank you enough.

Library, Office and Support Staff

Linda Ackley
Lisa Barr
Irene Bazos
Linda Berard

Devron McCummings
Barbara Burke
Maureen Cadieux
Maggie Camp
Cheryl Casanova

Bob Charron
Patricia Dussault
Philip Fisher
Carol Garvey

Cafeteria Staff/ Janitorial Staffs

The Cafeteria staff: Standing:Maria Romeo, Jessie Giannetti, Rose Becker, Rose Craven, Marian Varteresian, Tina Schmidt, Dee Hopkins, and Carole Mezzetti. Seated: Masako Glushen, Angie Hokanson, Bev Bandoski, and Betsy Baldwin. Missing: Betty Banio, Penny Gamiles, and Josie Conti.

The Janitorial Staff: Leon Jangraw, Jed Boucher, Scott Leyman, Neil Henderson, Roy Hundley. Missing: Gene LaBranch, Steve Schwartz, Mike LaFramboise.

Peggy Houle
Faith Hyland
Sue Lawson

Jane Lehman
Karen Locke
Sandi MacDonald
Ann Moore

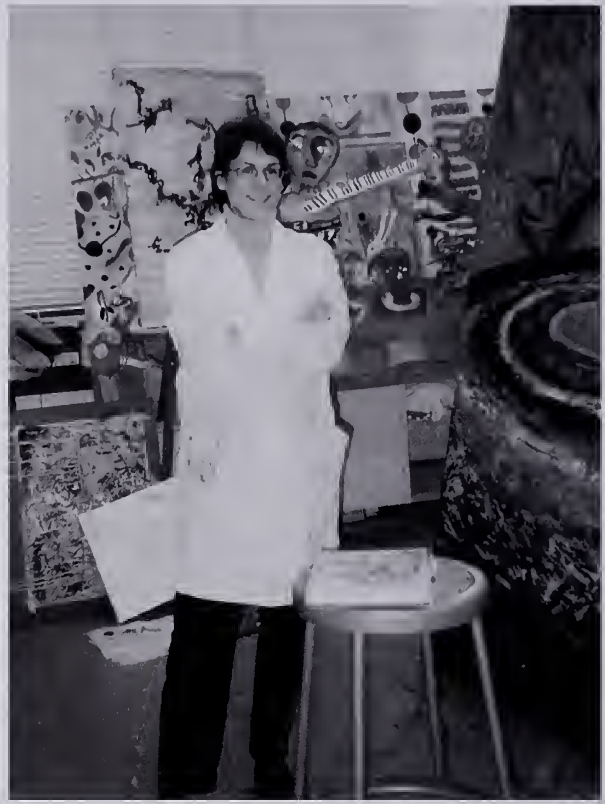
Joan Morey
Cindy O'Malley
Robert Pisani
Nancy Peck

Jennifer Rousseau
Judy Scott
Charlotte Steele
Jill Stewart
Lorraine Vassilopolos

Betsy Baldwin, Longmeadow High's favorite cookie lady, scoops molasses cookie dough for the lunchtime crowd.

Making Memorable Impressions

Mrs. Godin stands satisfied in the art studio, and admires her students' work.



Sr. Riccio warms up for a hard day's work in Spanish class.

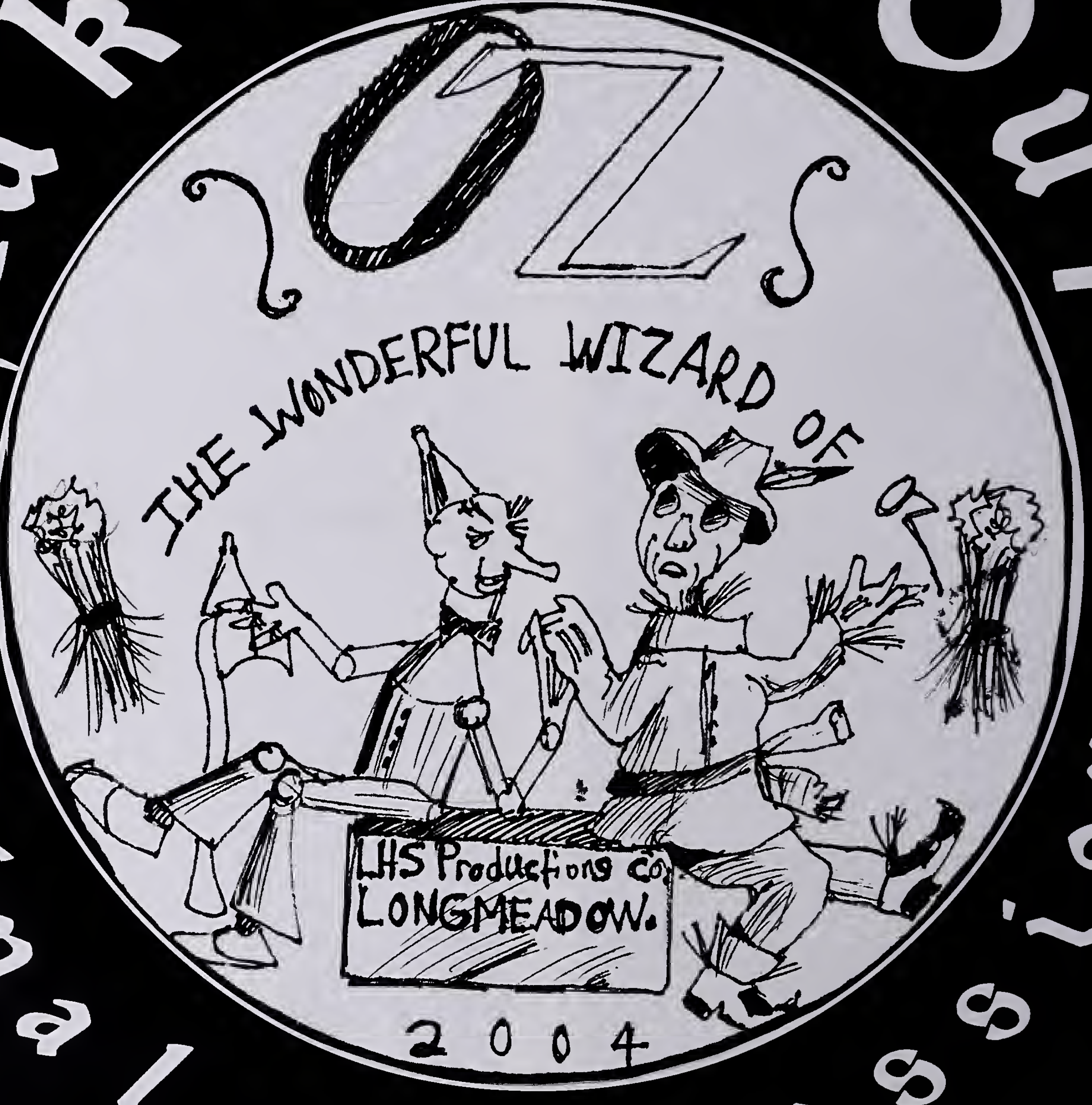
Mr. Goodwin and Mrs. McPartlan get ready to leave for the day.

Mrs. Goldstein, Mary-Beth Cadieux, and Pat Darby hang out in the cafeteria.

Mike McDonough and Mr. Walker discuss grade policy.

Will the real Mr. O'Connell please stand up? Dan Covey dresses like his favorite superstar for Halloween.

Making Our final Impression


OZ
THE WONDERFUL WIZARD OF OZ
LHS Productions Co.
LONGMEADOW.
2004

Seniors

NO
Back Packs
ALLOWED
IN

To the Members of the Class of 2004:

Throughout the past four years, the Class of 2004 has grown immensely. We arrived at this school in 2000 as naive, young freshman, yet since that time we have come together as a class and grown both physically and emotionally. Together, we have faced many challenges, and together, we have conquered them all. Whether it was the sophomore Lock-In, a class dance or trip, or one of the many car washes at the horseshoe, we always managed to get things done while at the same time having fun. Being a class officer can be a very tough job, but thanks to the dedicated efforts of our class advisors and the continuous support of the class, being a class officer has been a very rewarding experience for all five of us. As we now move on to new challenges in our lives, let us never forget the times we have spent together. Let us always stay in touch and forever be proud members of the Class of 2004.

It has been an honor and a priviledge to serve as class officers for such a unique and amazing class. The memories that you have provided us will always be in our hearts.

With Love,

Mike, Katie, Ben, Carly, and Courtney

Meagan Ahrens

55 Wildwood Glen

Basketball 9, 10 (Captain)
Soccer 9, 10, 11
Softball 9, 10, 11, 12 (Captain)
Senior Class Play
Powder Puff Game
District Attorney's Office 11, 12
Ground Round 12

So before we end, and then begin,
e'll drink a toast to how it's been,
A few more hours to be complete,
A few more times that I can say.
I've loved these days."
Billy Joel

Meg, Medgy, Megnut

Hillary Allan

991 Maple Rd.

Women's Chorus 9
Lyrics 10, 11, 12
Sr. Districts 9, 10, 11, 12
China Club 11, 12
NHS 11, 12
Senior Class Play
Billups World Entertainment 10

"What I've found is that I've found I haven't found enough"
VAST
"You can tune a piano but you can't tuna fish."

Hill

Robert Amatruda

507 Maple Rd.

"As mayor of the munchkin city, in the county in the lamd of Oz, I welcome you most regally."

Meghan Andrews

766 Longmeadow St.

Field Hockey 9, 10, 11, 12 (Captain)
Softball 9, 10, 11, 12
Baystate Games 11
First Church Handbell Choir: 9, 10, 11, 12
Unlisted 11, 12
Jet Jotter 10, 11, 12
NHS 11, 12
Senior Class Play
Powder Puff Game

"The biggest challenge ISN'T someone else. It's the ache in your lungs, and the burning in your legs. and the voice inside that yells "can't," but you don't listen. You push harder, and the voice now says "can," and you discover the person you thought you were is NO match for the person you are."
-Unknown

Meg

Ozaire Awais

253 Pendleton Ln.

Track and Field 9, 10, 11, 12
Martial Arts 9, 10, 11, 12
Science Reading Club 11, 12 (Vice President)
Programming Club 11, 12 (Secretary)
Math Team 10, 11, 12
Jet Jotter 11, 12 (Opinions Editor)
International Club 10, 11
Science League 11, 12
Volunteer at Mercy Hospital 9, 10
Summer School Volunteer 11
Medical Records 10

"Appreciate five things before five others: Your youth before your old age, Your health before your illness, Your wealth before your poverty, Your spare time before your hardwork, and your life before death"
Prophet Muhammed

Ozman, Ozy, Bozaire

Stefan Ayotte

4 Independence Rd.
Feeding Hills

Football 9
Hockey 9, 10, 11, 12
Defensive Player of the Year 10
Longmeadow Community Market 9, 10
Friendly's 11
Six Flags 12

"It's foolish and wrong to mourn the men who died. Rather we should thank God that such men lived."
George S. Patton

Ayotte, Canuck, Mocha

Jeffrey Bagge

40 Greenacre Ave.

Basketball 9, 10, 11
Lacrosse 9
SADD
Powder Puff

"I fly like a butterfly, sting like a bee."

Bags, Bagette, B hizzy

Michael Baker

130 Greenacre Ave.

Track
Philosophy Club
Young Democrats

"Let us have faith that right makes might, and in that fait let us dare to do our duty as we understand it." Abraham Lincoln

"Here is your republic, if yo can keep it." Ben Franklin

Lauren Bedard

83 Jonquil Ln.

Swimming 9, 10, 11, 12
(Captain 12)
Track 9
SADD 12
Senior Class Play
Powder Puff Game

"I can't remember how many times I tell myself to hold on to these moments as they pass." Counting Crows

Laur, Lo, Linda, Cow

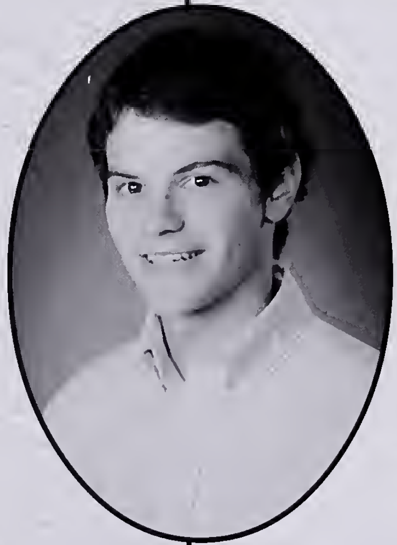
Brittany Belkin

98 Longview Dr.

JCC Swim Team 9, 10, 11, 12
Track and Field 10
Peer Training 9
JCC Lifeguard 10, 11, 12
JCC Swim Instructor 9, 10, 11
12
YMCA Lifeguard 11, 12

"Sail on, Sailor." Meg C. :

Britska, Britt



Lee Berman

135 Pinewood Dr.

"The most miraculous events take place while beating the pavement in this metropolitan mirage. Even the midnight lights hum with excitement and ecstasy, waiting eagerly to be fulfilled, dancing motor fumes and the sound of fluttering feet. If you listen closely, you can hear the sound of your own heart beating feverishly beneath the skin covering your chest, with every breath a new excitement grows, a new hope, a new batch of kindling to add to the fire, a new life, a new love, all this is happening in the city." Airto Jackson

Matthew Bertuzzi

15 Briarcliff Rd.

Football 9
Basketball 9
Track & Field 9
Swimming 10, 11
Orchestra 9, 10, 11, 12
Concert Band 9, 10, 11, 12 (Section leader)
Wind Ensemble 11, 12
Pep Band 9, 10, 11, 12 (Conductor)
SPFTY 9, 10, 11, 12 (Board 10, 11, 12)
JCC Swim Team 9, 10, 11, 12
JCC Camp Counselor 11, 12

"ONE TWO THREE FOUR And the women dancing with their timbrels followed Miriam as she sang her song: 'Sing a song to the one whom we've exalted' Miriam and the women dance the whole night long."

Tush, JewFro

Richard Baker III

98 Ely Rd.

Matthew Beaudry

25 Lincoln Park

Football 9, 10
Baseball 9
Regency Custodian 9, 10

"Enjoy life, there's plenty of time to be dead."

"Party when you're alive and rest when you're dead."

Bowds, Bowd, Bowdry

Rachel Berg

21 Franklin Rd.

Chorus 9
La Cappella 10, 11
Lifeguard 10, 11, 12

"I've come to learn that the only real pressure is the ressure you put on yourself."
Pete Sampras

Rach, Rachey, Berg, Racheroni

Katelyn Bergeron

95 Benedict Terr.

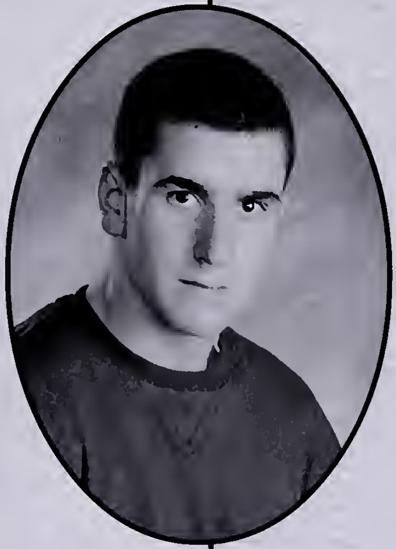
Cheerleading 9, 10, 11, 12 (Captain)
Concert Band 9, 10, 11, 12
NHS 11, 12
French Club 11
Limited Too 12
Bliss Camp Counselor 11, 12
Johnson Memorial Hospital 12

"You can be who you choose to be, but whether you do or whether you don't, depends on your priority and I know that it's not easy." Stacie Orrico

KB, Kbeezy

Justin Betley

89 Shady Knoll Dr.

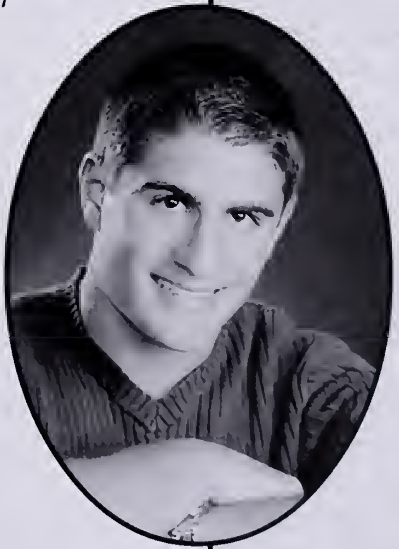


Zachary Bitzer

52 Burbank Rd.

Football 9, 10, 11, 12
Wrestling 9, 11
Track 9, 10, 11, 12
Indoor Track 12
Piano 9, 10, 11, 12
Senior Class Play
Carpenter's Assistant
Paper Route

"Wisest is he who knows he does not know."



Whitney Bloom

85 Lawrence Dr.

Field hockey 9
Lacrosse 9
Tennis 10, 11
Cross Country 11
Concert Band 9
Key Club 9
Tennis Counselor 10, 11
Hoyt's Movie Theater 11, 12
CCD Teacher 11

"You can't deny laughter; when it comes, it plops down in your favorite chair and stays as long as it wants." Stephen King

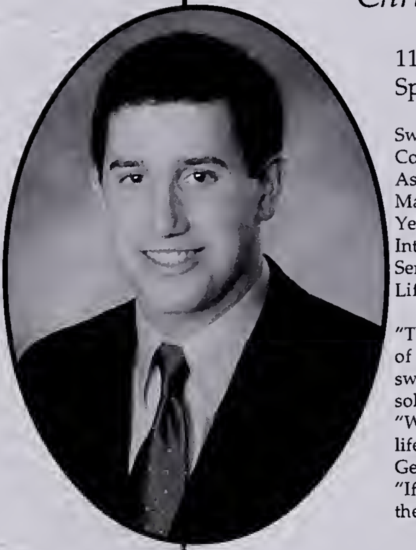
Whit, Whitles, Whitdog

Stephene Bontempo

126 Fenwood Dr.

Alexandra Brault

100 Windsor Place



Christopher Breen

115 Woodcrest Rd.
Springfield

Swimming 9, 10, 11, 12
Concert Band 9, 10, 11, 12
As Schools Match Wits 9, 10, 11,1 2
Math Team 9, 10, 11, 12
Yearbook 10, 11
International Club 11, 12
Senior Class Play
Lifeguard

"The great man is he who in the mids of the crowd keeps with the perfect sweetness the independence of solitude." Ralph Waldo Emerson
"What do we live for if it is not to mak life less difficult for each other?" George Eliot
"If you can't feed a hundred people, then feed just one." Mother Theresa

Chris

Tracey Brown

128 Bristol St.
Springfield

Track & Field 9, 10, 12
Cheerleading 10, 11, 12
LaCapella 11, 12
Gospel Choir 11
UMASS Honor Choir 12
Unity Club 9, 10, 11, 12
Powder Puff Game
Friendly's

"It's an adore and hate realationship, what you love is what you hate and what you hate is what makes you inseparable from them."
"It's just as easy to lie as it is to tell the truth."

Michelle, Trace, Trachelle

Alyssa Burstein

110 Ely Rd.

Dance 9, 10, 11, 12
French Club 11, 12
Knitting Club 10
SADD 12
Senior Class Play Choreographer
Powder Puff Game
Longmeadow Community Market
Romito & Sons 11, 12

"Here's to us fools that have no meaning. I tip my glass to you. Let's toast the night away to friends and forget about tomorrow." New Found Glory
"Being grown up isn't half as fun as growing up; these are the best days of our lives. The only things that matters is just following your heart and eventually you'll finally get it right...' The Ataris

Liss, Weorge, Burs, Lissa

Sean Boutin

87 Ferncroft St.

Football 9, 10, 11, 12
Wrestling 9
Track & Field 10
Men's Chorus 9
Lyrics 10, 11, 12
I Cantori 11, 12
Environmental Club 12
Eagle Scout
Senior Class Play
Health Trax 12

"Is that pitch warm? Wait does that work? Like pitch black, but warm?"
Matt Retchin
"To deny our own impulses is to deny the very thing that makes us human."
The Matrix
"In the end we will remember not the ords of our enemies, but the silence of our friends." MLK

Bout, Boutin, Booty, Rootin-toutin

Joseph Bragdon

135 Nevins Ave.

Lacrosse 9, 10, 11, 12
Cross Country 9, 10, 11, 12
Basketball 9, 10
Business Professional of America 11, 12
Outing Club 11, 12
Knitting Club 12
Senior Class Play
Pizza Chef
Caddy

"Clothes make the man, naked people have little or no influence in society." Mark Twain

Joe, JB, Brag-don

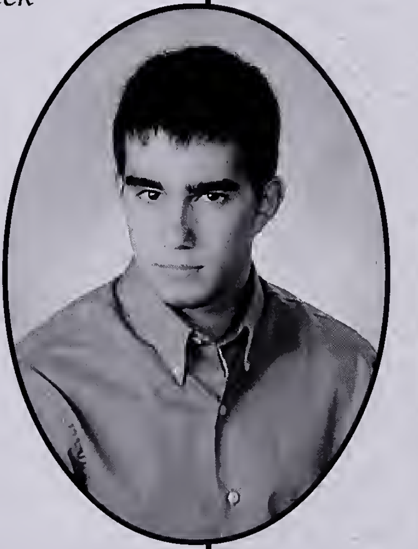
Thomas Broderick

62 Academy Dr.

Track & Field
Indoor Track
Environmental Club
NHS
Young Independents
Senior Class Play

"Un tapis."
"Konegg..."

Tom



Amanda Brown

29 Silverbirch Rd.

Concert Band 9, 10, 11, 12 (Section leader)
Drama Club 11, 12 (President)
Amnesty International 11, 12
Impressions 10, 11, 12
NHS 11, 12
Green Mountain Youth Orchestra Camp

"It is better to light a candle than to curse the darkness." Eleanor Roosevelt
"Measure your life in love." RENT
"An eye for an eye leaves the whole world blind." Ghandi

Mandy, Mandy Brown, Pookie

Mary Elizabeth Cadieux

130 Academy Dr.

Basketball 9, 10, 11, 12
Volleyball 9, 10, 11, 12 (Captain)
AAU Basketball 9, 10, 11, 12
Boston Globe Scholatic Arts Award 10
Student Advisory Council 9
Environmental Club 11, 12
French Club 12
Senior Class Play
Powder Puff Game
Big Y Bakery 12
Youth Basketball Coach 10, 11, 12

"Courage is not the absence of fear. It is the ability to act in spite of it."

Mary Beth, MB, Cajew, Cash, Bethy

Thien-Van Cai

92 Branch St.

Women's Group 10, 11
Powder Puff Game
Health Aide Assisstant 12
Sylvan Learning Center 12

"I sing to myself so nobody hears, there's just no escaping the sounds of my tears. Miss you so much, and every night I can't get to sleep. It ain't right. Memories keep holding me down. There's just no fun when you're not around. Don't know what to do, now nothing's with the truth, somehow I thought that we would always be. I just want you to know, no matter where you go, it doesn't matter cuz you're still in my heart." Tracie Spencer

T, Ty, TV, Tye-Bottom

Carly Chase

91 Ridge Rd.

Lyrics 10, 11, 12
I Cantori 11, 12
Senior Districts Chorus
Student Advisory Council (Regionl Chair) 12
"Accept The Challenge" Co chair 11, 12
Class Treasurer 10, 11, 12
Key Club 9, 10
HOBY Award 10
Senior Class Play
Powder Puff Game
Jimmy Fund Volunteer 9
Burrows Florist 10, 11, 12

"The purest sound is that of laughter."

"Then came the day, when I ventured out of these safe limbs walking tall, head up high & singing."

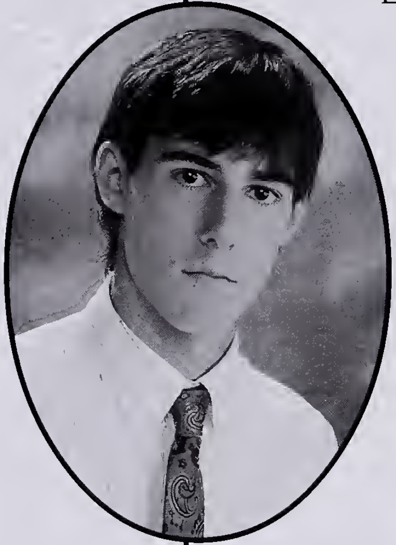
Car, Carls

Anna Chin

67 Lincoln Rd.

Cross Country 10
Wind Ensemble 9, 10, 11, 12
Western Mass Senior District 11, 12
Debate 10, 11, 12
Impressions 11, 12
Science League 11, 12
International Club 12
NHS 11, 12
Senior Class Play Pit Orchestra
Powder Puff Game
Longmeadow Summer Enrichment Volunteer 10, 11, 12

"What lies behind us and what lies ahead of us are tiny compared to what lives within us." Oliver Wendell Holmes



Luke Consolini

40 Harrison Place

Varsity Soccer 9, 10, 11, 12 (Varsity Captain 12)
Varsity Diving 10
Baseball 9
Varsity Lacrosse 10, 11, 12
Knitting Club 10, 11, 12 (Vice President)
BPA 11, 12 (State Award Winner)
Senior Class Play
Brown's Farm 9, 10, 11, 12

"In the way of righteousness in life; and in the pathway there is no death." Proverbs 12:28

Lucas, Conso

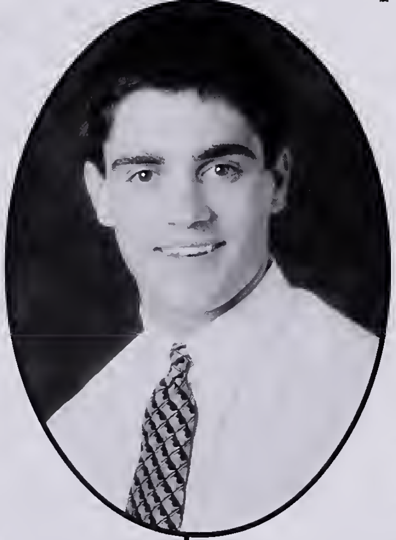
Richard Cook

246 Colony Rd.

Football 9, 10, 11, 12
Track and Field 10, 11, 12
Indoor Track 11, 12
Chamber Concert 10, 11, 12
Concert Band 9, 10, 11, 12
Key Club 10, 11
Young Republicans 10, 11, 12
International Club 10, 11
Jet Jotter 10
NHS 11, 12
Teaching Assistant 10, 11
Architectural Design 10
Baystate Hospital Volunteer

"You either pack it or sack it."
Richard Cook

Cook, Cookie, Ching Chang, Jboza, Richie Yayo



Ryan Coughlin

161 Concord Rd.

Football 9, 10, 11, 12
Wrestling 9
Indoor Track 10, 11, 12
Lacrosse 9, 10, 11, 12
Wind Ensemble 9, 10, 11, 12
Western Mass Senior District 9, 10, 11
Young People's Symphony 9, 10, 11
All-State Band
Jazz Band 9, 10, 11, 12
Senior Class Play
Powder Puff Game
Baystate Dental Care
Trumpet Teacher

"If you go parachuting, and your parachute doesn't open, and your friends are watching you fall, I think a funny gag would be to pretend you were swimming." Jack Handey

Coughlinizer

Elizabeth Croll

43 Crest Ave.

Soccer 9, 10
Track and Field 9
JCC Swim Team 9, 10
Orchestra 9, 10, 11, 12
La Cappella 10
Lyrics 11, 12
Pep Band 11, 12
Young People's Symphony 11, 12
U.S. Youth Ensemble European Concert Tour 12
Yearbook 12
Senior Class Play
Lifeguard 11, 12

"Remember happiness doesn't depend on who you are or what you are, it depends solely upon what you think." Dale Carnegie

Liz, Elikapeka

Sara Colegrove

14 Branch St.

Swimming 9
Softball Manager 9
Dance 9, 10, 11
Yearbook 9, 10, 11, 12 (Underclass Editor 10, 11; Senior Editor 12)
P.A.L.S. 9, 10
NHS 11,12
Camp Counselor 11, 12

"As we drive along this road called life, occasionally a gal will ind herself a little lost. And when that happens, I guess she has to let go of the coulda, shoulda , woulda, buckle up and just keep going."Sarah Jessica Parker

Meghan Conley

333 Merriweather Dr.

Swimming 9, 10, 11, 12 (Captain)
Lacrosse 9, 10, 11, 12
Jet Jotter 10, 11, 12
Impressions 10, 11
Senior Class Play
Powder Puff Game
Lifeguard 10, 11, 12
CCD Teacher 11, 12
Youth Lacrosse Coach 11, 12
Swim Instructor 9, 10, 11, 12

"May the road rise up to meet you, may the wind always be at your back, and may rain fall softly on your fields. And until we meet again, may God always hold you in the hollow of his hand." Irish Blessing

"NOMAH!"

MegMeg, Mee-han, Mubba

Alex Corn

75 Mohawk Dr.

Concert Band 9
Outing Club 9, 11, 12
Environmental Club 12
Bottle Shop 10, 11
Mobil 12

"What's money? A man is a success if he gets up in the morning and goes to bed at night and in between, does what he wants to do." Bob Dylan

"Freedom is Norm!"

A.Corn, A.Twizzle, Runch, C. Fizznazzle

Lana Cotton

309 Frank Smith Rd.

Field Hockey 9
Wrestling Team Manager 9, 10, 11, 12
La Cappella 9, 11, 12
Women's Group 9
Nursing Internship 12
Big Y 9, 10, 11, 12
Longmeadow Flowers 12

"Emancipate yourself from mental slavery, none but ourself can free our minds." Bob Marley

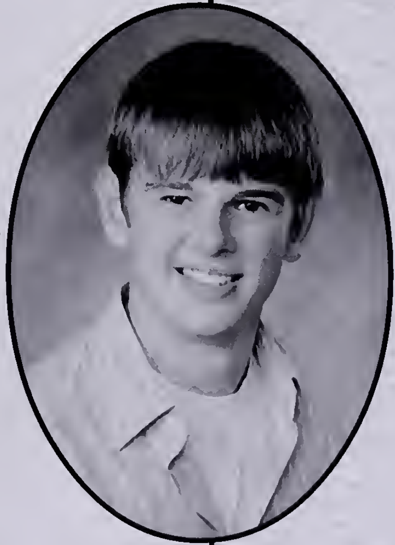
Lani, Chica, Wawa

Ian Dailey

203 Primrose Dr.

Baseball 9, 10, 11, 12
Hockey 9
Franconia 9, 10
Crestview 11
Max 's Tavern 12

Ducktails



Patrick Darby

164 Farmington Rd.

Soccer 9, 10
Key Club 11, 12
Boy Scouts 9, 10, 11, 12

"You can observe a lot by watching."- Yogi Berra

"If you can't read this, please ask the flight attendant for assistance." United Airlines Flight Safety Brochure

Pat, Pat-Man, Patty-Cakes

Brigid Dean

976 Frank Smith Rd.

Diving 9
Track 9, 10, 11, 12
Cross Country 10, 11, 12
Latin Club 9, 10, 12
Impressions 10, 11
CCD Teacher 11, 12
School Specialty 11, 12
Environmental Club 12

"How did it get so late so soon? It's night before it's afternoon. December is here before it's June. My goodness how the time has hewn. How did it get so late so soon?"

i *B*

Greg Deane

38 Hazen St.
Springfield

"I know it's only Rock and Roll, but I like it." The Rolling Stones

Shannon Demas

970 Maple Rd.

Andrew Desmarais

60 Ely Way

Football 9, 10, 12
Lacrosse 9, 10
Outing Club 11
Senior Class Play
Bertucci's 11, 12

"I love you, Monica."

Andy

Matthew Dimauro

22 Villa St.

Football 9
Wrestling 9, 10, 11, 12
Concert Band 9, 10, 11, 12

"A little piece of paper with a picture drawn floats on down the stream till the wind is gone. The memory now is like a picture was then when the paper's crumpled up it can't be perfect again." Linkin Park

Dimauro

Mark Diruzza

86 Converse St.

Track 9, 10, 11
Concert Band
Chamber Concert 10
Key Club 10 (Board member)
Haley's Painting Service

"Today if you're not confused you're not thinking clearly."

"If wishes were horses, beggars would ride."

Libes, Simone, Rub

Thomas Delis

8 Ridge Rd.

Wrestling 9
Chorus 9, 10, 11, 12

"Oh the gangster looks so frightening with his luger in his hand when he gets home to his children, he's a family man." The Rolling Stones

"I choose my company by the beating of their hearts, not the swelling of their heads." Saves The Day

Achilles, Delis, Deli, The Greek Wonder

John Deluca, Jr.

100 Dover Rd.

Wrestling 9, 10, 11, 12 (Captain 12)
Football 9
Lacrosse 10
Ultimate Frisbee 12
NHS 11, 12
BPA 11, 12 (Membership Chair 12)
Senior Class Play
Greenwood Pool 11, 12

"It's not the size of the dog in the fight, it's the size of the fight in the dog." Mark Twain

DeLucs

Meghan Dickson

7 Garfield St.

Jennifer Dikan

237 Green Hill Rd.

Tennis 9 , 10, 11, 12 (Captain 12)
Field Hockey 9, 10
Concert Band 9, 10, 11, 12
Math Team 9, 10, 11, 12
P.A.L.S. 9, 10 (Board Member)
Key Club 9, 10
Faith Formation 9, 10, 11, 12
Senior Class Play
Powder Puff Game
Teacher's Assistant 10, 11, 12
Red Cross Blood Drive (Organizer)
CCD Teacher 11, 12
Summer School Teacher 9, 10, 11, 12

"So you want to know how I plan on saving the world? I will begin with a smile and I eventually hope to teach everyone how to laugh so much that their cheers become as big as mine." Audrey Hepburn

Dikey

Megan Doney

121 Willowbrook

Thomas Donnelly

28 Mohawk Dr.

Football 9, 10, 11, 12
Baseball 10
Wrestling 9
Senior Class Play
CCD Program Volunteer

"It ain't over till it's over." Yogi Berra

"This is not the end, this is not the beginning of the end, but it is the end of the beginning." Winston Churchill

Tommy

Joesph Drapalski III

25 Farmington Ave.

Track 10, 11, 12
Indoor Track 10, 11, 12
Key Club 9, 10, 11
Young Republicans Club
SADD
Senior Class Play
WellCall Internship
Law Consortium Internship

"I'm completely joking."

Joe

Adam Drucker

42 Birch Rd.

Elliot Dutcher

40 Edgemont St.

Drama Studio
Rough Draft
Big Y

"Shall I say, I have gone at dusk through narrow streets and watched the smoke that rises from the pipes of lonely men in shirt-sleeves, leaning out of windows?..." Elliot

Andrew Elin

60 Longfellow Dr.

Malpractice 11,12
Independent Art Study 11
NHS 11, 12
Job Shadow Plastic Surgery 11
Student Ambassador- Baystate Medical Center 11
Senior Riccio's Xmas Tree Farm 10
Rachel's Table Volunteer 10, 11, 12
Habitat for Humanity 10
JCC Camp Counselor 12

"Be Water." Bruce Lee

Andhru

Jonathan Fahy

42 Brookwood Dr.

Lacrosse 9, 10
Football 9
Chamber Concert 11, 12
Men's Chorus 9, 10, 11
Lyrics 12
Key Club 11, 12
SADD 11, 12
Knitting Club 11, 12

Jay

Mayya Finn

19 Willett Dr.

Mock Trial 10, 11
Art Club 12
Key Club 10
Yearbook 12
Friendly's 12
Tutoring 11, 12

"Do or do not...there is no try."
Yoda

Caitlin Dugre

795 Converse St.

League Bowling 9, 10, 11, 12
Track 9, 10, 11, 12 (Captain 12)
Frisbee
Key Club 10, 11, 12
Peer Leadership 11, 12
P.A.L.S. 9
International Club 10
NHS 11, 12
Senior Class Play
Powder Puff Game
Teacher's Assistant
JCC Summer Camp 10, 11, 12
Kids Space 11, 12

"When I say out loud, 'I wanna get out of this,' I wonder , is there anything I'mgonna miss?' I wonder, "How's it gonna be when you don' know me. " Third Eye Blind

Dugie, Duges, Durge, Caitlinator

Ann Durfee

81 Ellington St.

Cross Country 10, 11, 12
Ski Team 9, 10, 11, 12
Track 9, 10, 11, 12

"You can't dance and stay uptight."Van Morrison

"Hey, let's drink from the cup and share some luck, go ahead and laugh cause it don't cost much."Dispatch

Annie, Durf, Pie, Hommie D

Jessica Elin

60 Longfellow Dr.

Kickboxing 9, 10, 11, 12
Women's Group 11
Environmental Club 12
Black & Jewish Dialogue 9, 10
Senior Class Play Scenery Coordinator
Baystate Medical Center 11
Sinai Teacher Aid 10
Rachel's Table 10, 11, 12
Habitat For Humanity 10, 11
JCC Summer Camp 12

Now the years are rolling by me , they are rocking evenly, I am older than I once was, younger than I'll be, but that's not unusual. No it isn't strage after changes upon changes we are more or less the same." Paul Simon

Jess, Jessimica

Ebonee Emanuel

43 Palmer Ave. Unit #2
Springfield

Track and Field 10, 12
Cheerleading 11, 12
Women's Chorus 9
LaCappella 10, 11, 12 (Class Assistant 12)
Unity Club 11, 12 (Secretary 12)
McDonald's 11
Dunkin' Donuts 12

"I heard that love could take all my hurt away, but love to me was just another word for endless pain. My life before was wrong until you came along. And since you came my mind has changed, I'm ready now for love. Show me how to love again. Show me how to trust again. I need you Lord to show me how to love."

Ebs, E-Bone, Bones, Ebeneezer

Alison Fitzpatrick

186 Viscount Rd

Swimming 9, 10, 11, 12
Tennis 9, 10
Track and Field 11, 12
Concert Band 9, 10, 11, 12
Rough Draft 9
Impressions 11, 12
Environmental Club 11, 12 (Vice President)
Photo Club 9

"Those who dream by day are ognizant of many things which escape ose who dream only by night." Edgar Allan Poe

"I'd like to live forever but only for a little while." Clift Spab

Smalison (Smal), Alizon Fitzy

James Fortsch

24 Crescent Rd.

Golf 9, 10, 12
Hockey 9, 10, 11, 12
Baseball 9
Pole Vaulting 10, 11, 12
Knitting Club 7, 8, 9, 10, 11, 12 (President and founder)
Business Prof. of America 10, 11, 12
Key Club 9
Senior Class Play
Powder Puff Game
Shell
MacDonald's
College Pro Painting

"Life is short, be spontaneous"
"I'll get over it."
"You can't run so you might as well hide." Dispatch

Jimmy, Furchy, Furch

Joseph Furnari

366 Merriweather Dr.

Hockey 9, 10, 11, 12 (Captain)
Football 9, 10, 11, 12 (Captain)
Baseball 9, 10, 11, 12
Senior Class Play
Powder Puff Game (Coach)
Youth Football Camp 12

"In the warriors' code there's no surrender. Though his body says stop, his spirit cries never." Survivor
"In the end, we will not remember the words of our enemies, but the silence of our friends." MLK

Joey, JoJo

Kristie Gandelli

15 Berwick Terr.

Track & Field 9
Women's Chorus 9
La Capella 10, 11, 12
Key Club 12
Senior Class Play
Powder Puff Game
Wild Apples Cafe 10
Lady Foot Locker 11, 12
Bacon & Wilson 12

"Some people come into our lives and quickly go. Others stay a while and make footprints on our hearts." Unknown

Kris, Tee, Whitey, Belle

Diana Gitlen

98 Cobblestone Rd.

Volleyball 9, 10, 11, 12 (Captain 12)
Diving 9
Swimming 10
Softball 9
SADD 11
Powder Puff Game
Novacare 11
Lifeguard

D, Git

John Glynn

18 Burbank Rd.

Cross Country 9, 10, 11
Ski Team 10, 11, 12
Tennis 9, 10, 11, 12
Concert Band 9, 10, 11, 12
Key Club 9, 10, 11, 12
NHS 11, 12
Senior Class Play
Lifeguard 11, 12

"Celebrate we will, cuz life is short but sweet for certain." DMB

Glynn, Glynner, Glop, Johnny, G-Uni

John Golden

765 Frank Smith Rd.

Cross Country 9, 10, 11, 12
Track & Field 9, 10, 11, 12
Amnesty International 12
Six Flags 11
Longmeadow Summer School 9, 10

"Politics is the art of looking for trouble, finding it, misdiagnosing it, and then misapplying the wrong remedies." Groucho Manx
"In three words I can sum up everything I've learned in life; it goes on." - Robert Frost

Goldie, Dallas

Lauren Gorenstein

23 Sherwood Dr.

Softball 9, 10, 11, 12 (Captain 12)
Soccer Manager 9
SADD 12
Powder Puff Game

"All my life, I've prayed for someone like you and I thank God that I finally found you."
"If you're not the one then why does my hand fit yours this way. If you are not mine then why does your heart return my call."

LG, Laur

Rebecca Gauthier

185 Nevins Ave.

Soccer 9, 10
Softball 9, 10
Track & Field 11
Concert Band 9
Wind Ensemble 10, 11, 12
Jazz band 10, 11, 12
Key Club 10, 11
Impressions 11
Yearbook 12
Senior Class Play Pit Orchestra
Powder Puff Game

"How is education supposed to make me feel smarter? Besides, every time I learn something new, it pushes some old stuff out of my brain. Remember when I took that home wine making course, and I forgot how to drive?"
Homer Simpson

Becky

Andrew Ghahramani

84 Green Willow Dr.

Tennis
Cross Country
Illustrator
Programming Club
Senior Class Play Director
Friendly's

Ghanni, G, Hohoho, Andrew

Sara Goddard

144 Franklin Rd.

Track & Field 9, 10, 11, 12
Indoor Track 12
Swimming 9, 10
Concert Band 9, 10, 11, 12
LaCapella 10, 11,12
SADD 11
Environmental Club 11, 12
Senior Class Play
Powder Puff Game

"Learn from yesterday, live for today, hope for tomorrow."
"Life moves pretty fast. If you on't stop and look around once in while, you could miss it." Ferris Bueller

Sara G., Goddard, Godd

David Gogel

43 Hopkins Pl.

Indoor Track 10, 11, 12
Track & Field 9, 10, 11, 12
Concert Band 9, 10, 11, 12
SADD
Saxaphone Teacher

"Life is what happens to you while you're busy making other plans."
"I always wanted to be somebody, but now I realize I should have been more specific."

Dave

Jessica Grimes

119 Westford St.
Springfield

Derek Guzzo

27 Sunapee St.
Springfield

Derek Gyllenhammer

332 Wolf Swamp Rd.

Baseball
Orchestra 9, 10, 11, 12
Math League
Science League
Brightwood Hardware

"If your goal is not determined by your most secret pathos, even victory will only make you painfully aware of your own weakness." Dag Hammarskjold
"Only he who at every moment is all capable of being can hope for a furlough from the frontier before he disappears into the darkness." Dag Hammarskjold

Dman, Gyllen, Scooter

Valerie Haberman

186 Inverness Lane

Swimming 9, 10, 11, 12
Track & Field 10, 11, 12
Knitting Club 10, 11, 12
PALS 9, 10
Yearbook 10, 12
Basketball Hall of Fame 11

"I'm only this far, and only tomorrow leads the way." DMI
"Never be bullied into silence, never allow yourself to be mad
victim. Accept no one's definitions of your life; define yoursel
"Stay positive and love your lif
311

Val, Habes, Obesay

Lauren Heaton

63 Gillette Ave.
Springfield

Basketball 9, 10, 11
Softball 9
Soccer 9
Yearbook Editor 10, 11, 12
SADD 10, 11, 12 (President 12)
NHS 11, 12
Powder Puff Game
Novacare 11, 12
Shriners Hospital 12
Lifeguard 9, 10, 11, 12
Swim Instructor 10, 11, 12
CVS 11, 12

"You must be the change you want to see in the world." - Ghandi
"Now faith is the assurance of things hoped for, the evidence of things not seen." Hebrew 11:1

Heater

Matthew Higgins

126 Williamsburg Dr.

Football 9, 10, 11, 12
Baseball 9, 10
Track & Field 11, 12
Debate Team 10, 11, 12 (Captain
Jet Jotter 9, 10, 11, 12
Rough Draft 9, 10, 11, 12 (Editor-In-Chief)
NHS 11, 12 (Community Service Chair)
Senior Class Play

"If you've never stared off into t
distance then your life is a sham
and though I'll never forget your
face sometimes I can't remember my name." Counting Crows

Matt, Higgs, Higgy-Baby, Higg-dc

Nicholas Humberston

84 Burbank Rd.

Linda Hwang

5 Jonquil Lane

Track & Field 9, 10
LaCapella 10, 11, 12
Science League 9, 10, 11, 12
International Club 11, 12
Key Club 10
Senior Class Play Stage Manager
Powder Puff Game
Clerk 9, 10, 11, 12

"Shoot for the moon, even if you mis
you'll still land among the stars." Le
Brown
"As a part of you has grown in me, together forever shall we be, maybe i
distance, but not in heart."
"Mystify people with your intelligen
and if you can't do that, mystify ther
with your BS."

LH, Lindi, Linders, Whanger, GrlWhang

Jamie Haddad

82 Longfellow Dr.

Track 9
Swimming 10,12
Lacrosse 10
Peer Leadership 11
Doctors Without Borders
Lifeguard 10,11

"Breathe, breathe in the air, don't be
raid to care, leave but don't leave me,
look around and choose your own
ground. Long you live and high you
fly, and smiles you'll give and tears
you'll cry, and all you touch and all
you see is all your life will ever be."
Pink Floyd
"The future belongs to those who
elieve in the beauty of their dreams."
Eleanor Roosevelt

J, Jaims

Michael Hayes

50 Dennis Rd.

Ski Team 9, 10, 11, 12
Mountain Biking
Knitting Club
Senior Class Play
Competitive Edge Ski & Bike

"The only thing we have to
fear is fear itself." FDR
"No man is worth his salt who
is not ready at all times to risk
his body, to risk his well being,
to risk his life, in a greater
cause." Theodore Roosevelt

Mike, Mikey, M-Unit, Purple Hayes

Jennifer Hoff

24 Pinewood Hills

Soccer 9, 10
Dance 9, 10, 11, 12
Field hockey manager 11, 12
Wind Ensemble 9, 10, 11, 12 (Section
Leader 11, 12)
Orchestra 9, 10, 11, 12
YPS 11, 12
Odyssey of the Mind 9, 10 , 11, 12
Girl Scouts 9, 10, 11, 12
Yearbook Editor 12
NHS 11, 12
Senior Class Play Choreographer
Powder Puff Game

"The sun's going to shine, the rain's
going to fall, and in the the end you
might get burnt or wet, but that's life.
So bathe in the sun, dance in the
puddles, and at the end of the day,
smile."

en, Jj, Juansy, Jenni, Kinipela, Trouble

Kimberly Howard

266 Kenmore Dr.

Soccer 9, 10
LaCapella 9, 10, 11, 12
Key Club 9, 10, 11
Yearbook 10, 11, 12
(Editor-in-Chief)
Powder Puff game
Big Y 11, 12

"So what so I've got a smile on,
but it's hiding the quiet
superstitions in my head, don't
believe me when I say I've got
it down." John Mayer

Kim, Kikki

Sarah Jackson

163 Twin Hills Dr.

Soccer 9
Tennis 9, 10, 11, 12
Dance 10, 11, 12
Concert Band
Pep Band
Key Club 9
Senior Class Play Choreographer
Powder Puff Game
Sinai Temple Religious School
Aide 9, 10, 11, 12

'I find that the harder I work,
e more luck I seem to have."
Thomas Jefferson

Jackson, SJ, Jack

Kelly Jakobek

158 Lawnwood Ave.

NHS 11, 12
Habitat for Humanity
Board of Deacons
D'Angelos 10, 11, 12

"I'm so sorry for what I've
done Father. It ain't my fault,
but the devil has been on my
back lately. He's like a hawk.
You never give us more than
we can handle, but it's getting
hard, and I am a strong
individual, but I need you
God." DMX

Kel, Kenelly-Belly

Adam James

37 Mohawk Dr.

Lacrosse 9, 10, 11, 12
Football 9, 12
Orchestra 9, 10, 11, 12
District Orchestra 11, 12
Science League 11, 12
As Schools Match Wits 10, 11, 12
Debate Team 10, 11, 12
International Club 12
Senior Class Play
Cytogenetics Lab 10, 12
Math Tutor 11, 12

"Do not go gentle into that good night. Rage, rage against the dying of the light." Dylan Thomas

Amanda Jason

55 Viscount Rd.

Soccer 9
Softball 9, 10, 11, 12
NWS Elite Softball 9, 10, 11, 12
Concert Band 9, 10, 11, 12 (Secti
Leader 11, 12)
St. Michael's Youth Choir 9, 10,
12
Photo Club 9, 10
Girl Scouts 9, 10, 11, 12
Senior Class Play Stage Produce
Powder Puff Game

"Failure is not an option." Gene Kranz
"No superstars, just blue collar." Diana Taurasi

Mandy, Manda, Mandolin, Mando, Mani

Brett Johnston

184 Cambridge Cir.

Hockey 9, 10, 11, 12
(Captain 12)
Baseball 9
Cross Country 9
Concert Band 9, 10, 11, 12
(Section Leader 9, 12)
Business Club 12
Outing Club 11, 12

"Cause, hey, why not?" Ryan Francis Coughlin
"Laziness is just the habit of resting before you get tired." Bryan Methe

BJ, BJ Unit

Caitlin Joyce

51 Duxbury Lane

Soccer 9, 10
Lacrosse 9, 10, 11, 12 (Captain 10
Women's Chorus 9
LaCapella 10
SADD 11, 12
Senior Class Play Costume Designer
Powder Puff Game
CCD Teacher 12

"The journey in between what y once were and who you are now becoming is where the dance of life really takes place." Barbara DeAngelis

Cait, CJ, Joysta

Shruti Kashikar

265 Merriweather Dr.

Volleyball 9
International Club 10, 11, 12
Kaleidoscope 9
Mock Trial 10, 11
Baystate Hospital

"You must live every moment of your life in such a way that if you had to live it over and over again til infinity, this would be a good thing." Nietzsche's Theory

Eleanor Katz

46 Captain Rd.

Cross Country 10, 11, 12 (Captain
12)
Track & Field 10, 11, 12
Indoor Track 11, 12
Soccer 9
Swimming 9
Key Club 9, 10, 11, 12
Environmental Club 11, 12
Cool Runners 10
NHS
Senior Class Play

"Some people follow the straight and narrow, others take the road less traveled. I chose to cut through the woods."

Nora

Erik Jefferson

91 Hopkins Pl.

Football 9, 10, 11, 12
Basketball 9, 10, 11, 12
AAU Basketball 9, 10, 11
Concert Band 9, 10, 11, 12

"Those who aren't busy being born are busy dying." Bob Dylan
"The time to hesitate is through." Jim Morrison

Wookie

Jessica Judson

671 Maple Rd.

Cross Country 9
Swimming 9, 10, 11
Softball 9, 10
Women's Chorus 9
Swim Instructor
Camp Counselor

"Red Sox rock the world."

JJ, Jess, Jessie

Rebecca Katz

44 Kenmore Dr.

Tennis 9, 10, 11, 12 (Captain 12)
Women's Group
Outing Club
Knitting Club
Senior Class Play
Powder Puff Game
LCC Tennis Instructor
CVS

Hard to believe, that after all this
me, that after all this I'm still me.
No one wants to hear what you
dreamt about unless you dreamt
about them. Don't let that stop
you. Tell them anyway and you
n make it up as you go." Built to
Spill

Beck, Becca, Becs, Katz

Marques Jenkins

38 Bernard St.
Springfield

Football
Track
Soccer
Powder Puff Game
Internship - Atletic Trainer
Half '''Time Sports

"What kinda...?"

Peter Kadushin

84 Ellington St.

Wrestling 9, 10, 11, 12
Baseball 9
WTM Hockey 11
Concert Band 9, 10, 11, 12 (Section leader 12)
Key Club 9
NHS 11, 12
Senior Class Play
LCC Caddy 9, 10, 11, 12
LCC Bag Room 11, 12
Saxaphone Tutor 10, 11

"I watch how the moon sits in the sky in the dark night, shining with the light from the sun. The sun doesn't give the light to the moon assuming the moon's gonna owe it one." Linkin Park

Shot Calla, Pistol Pete, Kadush, Dr. K

Tyler Kenefick

27 Tennyson Dr.

Gina Kevane

123 Shady Side Dr.

Track 9,10,11,12
Dance 9, 10, 11
Key Club 9, 10, 11, 12
Environmental Club 12
Italy Trip 11
East Longmeadow Health Care

"If you believe in yourself, even when the odds seem stacked against you, anything is possible."
"Wherever you go, no matter what the weather, always bring your own sunshine."
Anthony D'Angelo

Gina K, GiGi, QT, G!

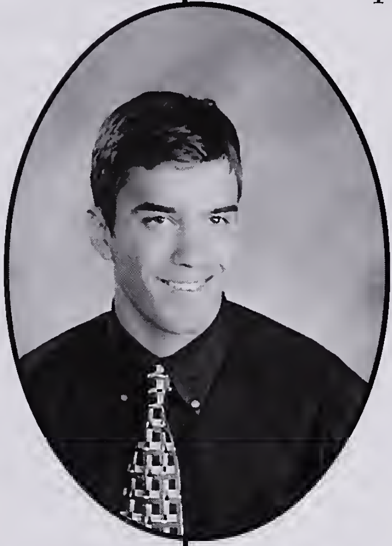
Julie Kim

22 Wildflower Ln.

Track 9, 10, 11, 12
Symphony Orchestra 9, 10, 11, 12
La Cappella 10, 12
Lyrics 11
Senior Districts (violin) 10, 11, 12
Young People's Symphony 9, 10, 11,
2004 National Festival Orchestra
Jet Jotter 9, 10, 11, 12 (editor)
Science League 10, 11, 12
Mock Trial 10, 11, 12
NHS 11, 12
Pit Orchestra 10, 11
Senior Class Play
Community Music School
LHS Summer Enrichment TA

"Do not go where the path may lead; go instead where there is no path an leave a trail." Ralph Waldo Emerson

Thomas Koenigs



61 Mohawk Dr.

Football 9, 10, 11, 12
Orchestra 9, 10, 11, 12
Debate 10, 11, 12 (captain)
Rough Draft 10, 11, 12 (Associate Editor)
NHS 11, 12
Young Independents 11, 12
Environmental Club 10, 11, 12
Senior Class Play

"I'm all in."

"The only thing I knew how to do was to keep on keeping on." Bob Dylan

K.O., Koenigs

Kasey Koerner

24 Bliss Rd.

Knitting Club 10, 11, 12
Business Professionals of America 11, 12
Student Ambassador at Baystate Medical Center
Longmeadow Community Market 11
J.B.'s Ice-Cream Factory 12

"Flowers bloom in the desert only hope can come from that."DJM

Kase, Koerner

Tiffany Kowarsky

21 Ellendale Cir.
Springfield

Soccer 9
Softball 9, 10, 11, 12
Dance 9, 10, 11, 12

"You don't have to have the lead; if you have the heart to come from behind."

" Passion makes the world go round. Love just makes it a safer place." Ice T.

Tiff, Tiffy

Elisabeth Krill

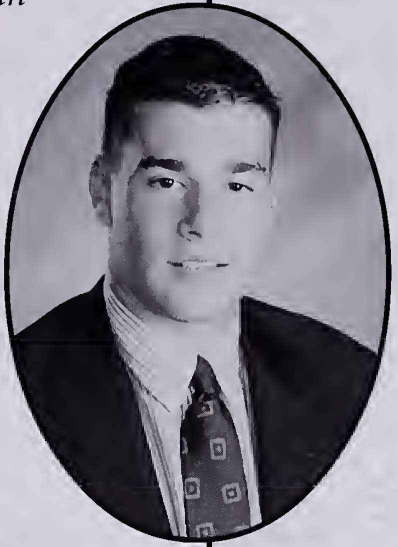
158 Converse St.

Swimming 10, 11, 12
Track 9, 10, 11, 12
Concert Band 9, 10, 11, 12
Key Club 11, 12
Environmental Club 11, 12
Impressions 11, 12
Powder Puff Game
Senior Class Play
M.S.P.C.A volunteer

"...But then they danced down the streets li dingledodies, and I shambled after as I've been doing all my life after people who interest me, because the only people for me are the mad ones, the ones who are mad to live, mad to talk, mad to be saved desirious everything at the same time, the ones who never yawn or say a commonplace thing bu burn like fabulous yellow Roman candles exploding like spiders across the stars and i the middle you see the blue centerlight pop and everybody goes Awwww."-Jack Kerou

Liz, Lid, Alizon, Lizzie, Krill

Michael Kirstein



180 Pinewood Dr.

Soccer 9, 10, 11, 12 (Captain)
Baseball 9. 10, 11, 12 (Captain)
NHS 11, 12 (Treasurer)
Business Professionals of America 11, 12 (President)
Math Team 9, 10, 11, 12 (President)
Math Mutal Actuarial intern 11
ntuosco's Soccer Camp Counselor 10, 11

It's not easy to juggle a pregnant wife and a troubled child, but somehow I managed to fit in eight hours of TV a day. " Homer Jay Simpson

" You only live once, but if you do it right, once is enough."
Mae West

MK, Kirst

Robert Knaus

113 Arlington Rd

Dual Enrollment at STCC

Jillian Kos

104 Broz Terr.
Feeding Hills

Swimming 10, 11, 12
Concert Band 9, 10, 11, 12
Pep Band 9, 10, 11, 12
Senior Class Play
Country Estates Nursing Home 11, 12 (dietary aide)

If you chase two rabbits, both will escape." Anonymous

Ashley Kowarsky

21 Ellendale Cir.
Springfield

Soccer 9
Softball 9, 10, 11, 12
Dance 9, 10, 11, 12
Powder Puff Game

"Being able to forgive is the difference between a friendship that was never there and a friendship that willl never end."

Ash

Patrick Kubala

98 Duxbury Ln.

Brightwood Hardware 10, 11, 12

PK

Brittany Lafountain

115 Benedict Tr.

Field Hockey 9, 10
Track 9
Women's Chorus 9
La Cappella 10, 12
Powder Puff Game
Grapevine Restaurant 11, 12
Volunteer Jewish Nursing Home 12

"The only people for me are the mad ones, the ones who are mad to live, mad to talk, mad to be saved, be desirous of everything at the same time, the ones who never yawn or say a commonplace thing, but burn, burn, burn like fabulous yellow aroma candles, exploding like spiders across the stars and in the middle you see the blue center light pop and everybody goes "Awww!"." -Jack Kerouac

Alex Lattell

96 Bel-Air Dr.

Football 9, 10, 11, 12
Swimming 9, 10, 11, 12 (Captain)
Lacrosse 10, 11, 12
Senior Class Play
6th & 8th Grade Football Coach
Big Y

"It's not the years in your life that count, it's the life in God years." Abe Lincoln

"Go to sleep mom, I'm busy saving the world." John Rawsed

Al, ALat

Kenneth Leavitt

143 Twin Hills Dr.

Hockey
Tennis (Captain 12)
Soccer 9
NHS
Key Club
SADD
"My tennis has finally becom secondary to my body hair." Andre Agassi
"You don't have to be nice to people you pass on the way just as long as you never com back down."

K-Lev, Mullet, Bomber

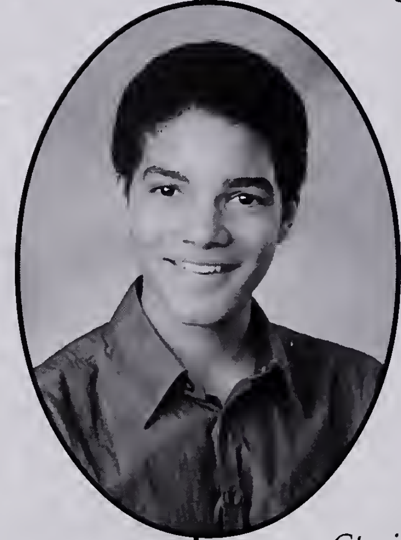
Christina Lee

174 Wimbleton Dr.

Track & Field 9, 10
Wind Ensemble 10, 11, 12
Concert Band 9
FAITH Club 11
Mock Trial 11
Yearbook 12
Senior Class Play
Community Music School of Springfield

"Love is patient; love is kind; love is not envious or boastful or arrogant or rude. It does not insist on its own way; it is not irritable or resentful; it does not rejoice in wrongdoing, but rejoices in the truth. It always protects, always trusts, always hopes, always perseveres."

'Lil Lee, Chris, Lee



Cameron Leroy

7 Wildwood Glen

Track 9, 10
Orchestra 9, 10, 11, 12
YPS 9, 10, 11
AFS Club 9, 10, 11, 12 (Treasurer 10)
International Club 10, 11, 12 (Treasur 12)
Science League 11, 12
Science Club 11, 12 (11-Founder; 11, President)
Senior Class Play
Big Y 10

"Whatever you can do, or believe yo can, begin it. Boldness has genius, power, magic in it."

"Ambition is a poor excuse for not having sense enough to be lazy."

Ctrain, Cammie, Cammah

Ashley Lewis

73 Laurel St.

Soccer 9 (Co-Captain)
Lacrosse 9, 10
Swimming 9, 10
Indoor Track 11
La Cappella 10, 11, 12
Chorus 9
S.A.D.D. 10, 11, 12
Yearbook 10, 11, 12
Key Club 9
NHS 11, 12
Powder Puff Game
Senior Class Play
Pete's Helper
Lifeguard 10, 11, 12

"Do not go where the path may lead, go instead where there is no path and leave a trail." Ralph Waldo Emerson

Lewis, Lewie, L, Low

Jacob Licht

85 Pleasantview Ave.

Squash
Art Club
White Hut 10

"Fiddle-dee-do"

"Woah"

"Hi you elephant tusk, you."

"What a modern age we live in."

Jennifer LeDuc

25 Shady Knoll Dr.

Key Club
Springfield College Office
Work

'There is no use in holding on to something that is lost and will never be yours again because all it will do is it will hold you back from other things and it will just hurt more and more each day."

Jenny, Snugglemuffin, Corn

Karissa LeDuc

84 Woolworth St.

Soccer 9
Bodies in Motion Dance School 9, 10, 12
First Step Nursery School 9, 10
Big Y 11, 12
Burrow's Florist 11, 12

"There are millions of people out there. But, in the end, it all comes down to one. I still panic sometimes- forget to breathe. But I know there's something beautiful in all my imperfections. The beauty which he held up for me to see. The strength that can never be taken away." Crazy/Beautiful
"The miles keep on rolling as the people leave their way to say hello. I've heard this life is overrated but I hope that this gets better as we go." 3 doors down

Kari, Kare Bear, Kbell, Lota

Rainey Leverett

58 Massachusetts Ave,
Springfield

Basketball
La Cappella
Unity Club 9, 10, 11, 12
Dance Team 11, 12
Drill Team 9, 10, 11
Senior Class Play
'owder Puff Game (Coordinator)
Sears
Big E
Friendly's

ai, Raindrop, Rainbow Jourdan, broke eye

Adam Levy

86 Hopkins Pl.

Soccer 9
Track & Field 9, 10, 11, 12
Indoor Track 10, 11, 12
Concert Band
Key Club 9
Spanish Club 9
NHS 11, 12 (Tutoring Chair)
Senior Class Play

"Un dia sin humor es como un spicy chicken sin la salsa." Adam Levy

Leudogg, Levy

Joann Lippert

44 Laurel St.

Unity Club 11, 12
Key Club 12
Senior Class Play
Powder Puff Game

he most beautiful discovery true iends make is that they can grow separately without growing apart." Elisabeth Foley

Experience is a hard teacher, she gives the test first, the lesson fterwards." Vernon Sanders Law

Jo

Eileen Lynch

12 Cranwell Lane

Softball 9
Cross Country 10, 11, 12
Track 10, 11, 12
Photo Club 9
Key Club 9, 10, 11, 12 (Board member - 12)
NHS 11, 12
Environmental Club 12
Knitting Club 12
Powder Puff Game
School Specialty 10, 11

"Fear less, hope more; whine less, say more; hate less, love more; and all good things are yours." Swedish Proverb

Michael Lysick

31 Hillside Ter.

Hockey 11, 12
Cathedral Hockey 9,10
Cathedral Cross Country 9
S.A.D.D. 11, 12
Nurse Asst. 12

"Don't worry about the world ending tomorrow because it's already tomorrow in Australia."

Mike, Mikey, Don Miguel de Longmeadow

Nicholas Magliato

30 Dunsany Dr.

Baseball 9
Lacrosse 10
Cross Country 9, 10, 11, 12
Chamber Concert 11, 12
Knitting Club 11, 12
Senior Class Play
Powder Puff Game
Big Y 11, 12
College Pro Painting 12

"God put me on this Earth to accomplish a certain number of tasks, right now I am so fa behind, I will never die."
Calvin and Hobbes

Nick, Mags

Adam Manzi

201 Woodlawn St.

Katie Manzi

36 Knollwood Dr.

Field Hockey 9, 10, 11, 12 (captain 12)
Lacrosse 9, 10 (captain 10)
Indoor Track 11
Orchestra 9, 10 ,11, 12
Lyrics 10, 11, 12
I Cantori 11, 12
Class Committee Vice President 12
Student Advisory Council 12
School Council 9, 10, 11, 12
FAITH Club 11, 12
Accept the Challenge Co-Chair 11, 12
Senior Class Play
Powder Puff Game
Dunn & Phiiips, P.C.
Semolina Bread Co.
" I am the master of my fate, I am the capta of my soul." Invictus
Never merely be who you are- Become who you want to be.
"By surrendering the dull claim to be everything, she becomes somebody."
C.S. Lewis

Manz, Manzinator

Amelia Marsh

98 Colony Rd.

Soccer 9, 10, 11, 12
Swimming 10
Track & Field 9, 10, 11
Indoor Track 11, 12
Powder Puff Game

"Life's a dance you learn as you go, sometimes you lead and sometimes you follow."

Emmie Matty

230 Merriweather Dr.

William Maier

89 Dover Rd .

Cross Country 9
Track & Field 10
Concert Band 9, 10, 11, 12
Computer Animation 11
Anime Club 9, 10, 11, 12
Peerless Precision Inc.
Subway
Semolina Bread Co.

What comes to you, comes to you. It's what you do with that matters, same with your time here. Our time here is most up, don't dwell on it or you'll be left in the past instead of the future."

Bill. Billian, Billard, MA

Aerik Mansfield

69 Windemere St.

Wrestling 9, 10, 11, 12
Chearleading 10
Track & Field 9, 11, 12
Soccer 9, 11
Yearbook 12
Pete's Helper (Trainer Asst.) 10

"Sometines, I wish I was brave, I wish I was stronger, I wish I could feel no pain, I wish I was young, I wish I would try, I wish I was you not I...sometimes I wish I was smart, I wish I made curses for how people are, I wish I had power, I wish I could leave, I wish I could change the world for you and me." Box Carrales

Big Country, BC, Big C

Johnathan Marchand

10 Elmwood Dr.

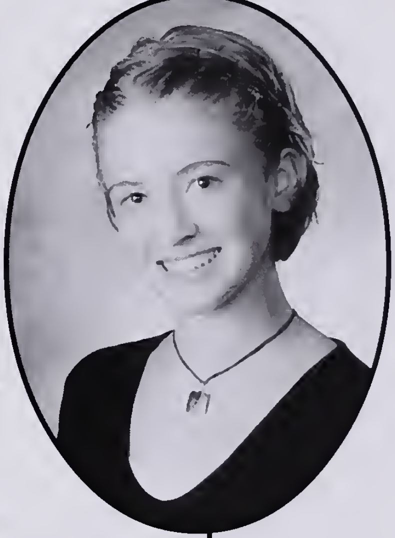
Laura Marinelli

9 Overloook Ln.

Diving 9, 10, 11, 12 (Captain 11, 12)
Track & Field 9, 10, 11, 12
Art 9, 10, 11, 12
La Cappila 12
Women's Chorus 9
NHS 11, 12 (vice president)
Senior Class Play
Powder Puff Game
Counselor at JCC

"Things are more like they are now than they ever were before."
Dwight D. Eisenhower

"I wish I could have been there for the sun and the rain and the long, hard hills. For the second of a thousand conversations scattered along the road. For the laughing and crying and remebering at the end. But, mainly, I wish you could have been there."
Brian Andreas



Bailley Mazur

7 Hanover Ln.

Soccer 9, 10, 11, 12 (Captain)
Basketball 9, 10
Lacrosse 9, 10, 11, 12
La Cappella 10
S.A.D.D. 11, 12
Outing Club 11, 12
Senior Class Play
Powder Puff Game

"Your choice is who you chose to be, and if you're causin' no harm then you're alright with me." - Ben Harper

Bails, Mazur

Whitney McCormack

196 Cambridge Cr.

Tennis 9, 10
Cheerleading 9
Crew 10, 11
Chorus 9, 10 ,11, 12
S.A.D.D. 10, 11
Key Club 12

"We all take differènt paths in life, but no matter where we go, we take a little of each other everywhere." Tim McGraw

Whit

Michael McDonough

58 Oakwood Dr.

Football 9, 10, 11, 12 (Captain)
Lacrosse 9, 10, 11, 12
Men's Chorus 9, 10, 11, 12
Student Council President 9, 10, 12
FAITH Club 11, 12
Mock Trial 11, 12
District Learning Team 10, 11, 12
Accept the Challenge Committee 11
Senior Class Play
Powder Puff Game
Bliss Pool Lifeguard

"If you die and you get a choice between regular heaven and pie heaven, choose pie heaven. It may be a trick, but mmmm pie heaven..."
Jack Hardey
"No soup for you."
Mr. Dikembe Mutimbo

Mike, Micky-D's

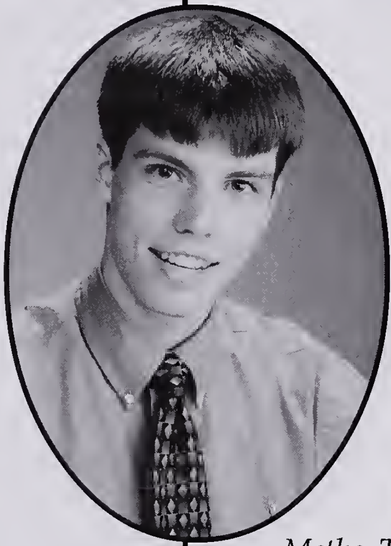
Kaolin McEvoy

28 Bellevue Ave.

Soccer 9, 10, 11, 12 (Captain 12)
Basketball 9, 10
Indoor Track 11, 12 (Captain)
Track and Field 9, 10, 11, 12 (Captain)
French Club 12 (President)
Key Club 9, 10
Environmental Club 12
Senior Class Play
Powder Puff Game
3rd Grade Girls Longmeadow
Intown Soccer Coach 11, 12
Ian D. 3 vs 3 10, 11, 12

"Be who you are and say what you feel because those who mind don't matter, and those who matter don't mind" Dr. Seuss

Kay, Mack



Bryan Methe

179 Burbank Rd.

Lacrosse 9, 10, 11, 12 (Captain)
Hockey 9, 10, 11, 12 (Captain)

"I'll procrastinate tomorrow." Togs
"You never wanna be 'That Guy'."
"Hold the rope." John Rauseo
"Forfit the game before somebody takes you out of the frame and puts your name to shame. Cover up your face, you can't win the race, the pace is too fast you just won't last." Linkin Park

Methe, Tehao, Homie and a Half

Andrew Michael

128 Converse St.

Football 9, 10, 11, 12
Baseball 9, 10, 11, 12 (Captain)
Chorus 12
College Pro Painting 12

"We're not twenty-one, but th sooner we are, the sooner the fun will begin. So get out you fake eye-lashes and fake I.D.'s and real disasters ensue, it's true, it's cool to take these chances, it's cool to fake romances and grow up fast." Dashboard Confessional

Rookie, Drewsky

Radhames Mora

57 Arcadia St.

Jean Roger Pool Mural
Art Club 10, 11
French Club 11, 12
International Club 12
Senior Class Play
Sumner & Toner 10, 11, 12

"If something is hard to do, then it's not worth doing." Homer Simpson
"If it doesn't make dollars, it doesn't make sense." Caban Link
"I am part of all that I have met." Alfred,Lord Tennyson

Radha, Rad

Andres Moral

401 Inverness Lane

Writing
Lab Assistant in the cytology lab- Baystate Medical Center

"And those who were seen dancing were thought to be insane by those who could not hear the music." Friedrich Nietzsche
"Writing is the only socially acceptable form of schizophrenia." E. L. Doctorow
"Order is for idiots, genius can handle chaos."

Pudi, Dres

Michael McKay

75 Wolf Swamp Rd.

Orchestra 9, 10, 11, 12
Environmental Club 12
Yearbook 10, 11, 12 Editor
Boy Scouts 9, 10
CCD 9, 10, 11, 12
Italy Trip 11
Senior Class Play
Big Y 10, 11, 12

Shoot for the moon. Even if you miss it, you will land among the stars." Les Brown
f along the way you are growing veary, you can rest with me until a brighter day." DMB

Mike

Adam Mehle

81 Tedford Dr.

Men's Chorus 10, 11
Lyrics 12
St. Mary's Youth Group 9, 10, 11, 12
Environmental Club 12
Senior Class Play
Big Y 11, 12

"Don't you ever wonder, maybe if things had been slightly different, you could be someone else?" Dave Mathews Band
"The person who knows how to laugh at himself will never cease to be amused." Shirley Maclaine

Mailman, Mehlebug

Sarah Micley

111 Meadowbrook Rd.

Wind Ensemble 9, 10, 11, 12
Lyrics 11, 12
Concert Band 11, 12
Women's Chorus 9
La Capella 10, 12
Debate Team 10, 11, 12
Impressions 12
Senior Class Play
Tutoring Hebrew at the Sandy Kupperman Learning Center 9, 12

He said, "Come to the edge."
I said, "I can't. I'm afraid."
He said, "Come to the edge."
I said, "I can't. I'll fall off."
He said finally, "Come to the edge."
And I came to the edge
And he pushed me.
And I flew.
-Guillaume Apollinaire

Mickers, Mickey, Mickles

Christine Mooney

69 Colton Place

Soccer 9
Italy Trip 11
Babysitting, First Step Nursery

"One day we'll look back on this and laugh."

"It's true that we don't know what you've got until it's gone, but you also don't know what you're missing until it arrives."

X, Xtine

Lisa Mujalli

27 Tanglewood Dr.

Cross Country 9
Track 9, 10, 11, 12
La Capella 9, 10, 11
Cool Runners Club 10
Environmental Club 11, 12 (President)
Impressions 10, 11, 12 (Editor)
Key Club 10, 11, 12
Faith Club 11
Science Reading 11, 12
Rough Draft 9
France Trip 12
Big Y 9
Longmeadow Park & Rec 11, 12

"Our memories will last a lifetime; we'll take the best, forget the rest and someday nd these are the best of times." Kermit the Frog
"Afoot and lighthearted I take t o the open road, healthy free, the whole world before me, the long brown path before me leaving wherever I choose." Walt Whitman

Lixa, Mu, Kujo Mujo, Muji, Jolly

Ryan Murphy

1421 Plumtree Rd.
Springfield

Soccer 9, 10, 11, 12 Captain
Wrestling 9, 10, 11, 12
Baseball 9, 10

"Some of us will never find true love. Take for instance.. Me. And I'm pretty sure that guy right there. And that lady with the sideburns. And basically everybody at Table Nine." Adam Sandler
"Never leave me open, son, I'm gonna hit it every time. You want some more of this? I didn't think so!" Adam Sandler.
"Luck is what happens when preparation meets opportunity." Darrel Royal

Murph, Big Red, Irishman

Darlene Murray

98 Riverdale St.
West Springfield

- Softball 9, 10, 11, 12 (Captain)
- Basketball 9, 10
- Key Club 12
- Knitting Club 11, 12
- Senior Class Play
- Powder Puff Game
- Dunkin Donuts 11, 12

"Being grown up isn't half as fun as growing up, these are the best days of out lives. The only thing that matters is just following your heart and eventually you'll finally get it right." The Afaris

"Determination is going that extra step when you couldn't take another step."

Dar, Darla, D

Eric Nadleman

85 Tennyson Dr.

Magdalena Nowak

69 Hazardville Rd.

- Track and Field 9, 10
- Swimming 9, 10, 11, 12
- Jazz Band 9, 10, 11, 12
- Wind Ensemble 11, 12
- NHS
- French Club 9, 10, 11, 12
- Senior Class Play
- Powder Puff Game

"Minds are like parachutes; they work best when open." Lord Thomas Dewar

"Learn from yesterday, live for today, hope for tomorrow."

"The only true wisdom is in knowing you are nothing." Socrates

Mahgda, Mags

Emily Nuzzo

185 Franklin Rd.

- Cross Country 9, 10, 11, 12
- Swimming 9, 10
- Track and Field 9, 10, 11
- NHS 11, 12
- Yearbook 12
- Environmental Club 11, 12
- Cool Runners Club 10
- CVS 11, 12

"Gray skies are just clouds passin over." Duke Ellington

"I don't care if the sun don't shine. And I don't care if nothing is mine. And I don't care if I'm nervous with you. I'll do my loving in the winter." Pink Floyd

Em, Nuzzo, Nuz

Michael Phillips

248 Blueberry Hill Rd.

- Baseball-9
- Hockey-9,10
- Frisbee-12
- Knitting Club-10,11,12(VP)
- Yearbook-10,11,12
- THCC-10,12

"A journey of a thousand miles starts with a single step."

Andrew Pillard

62 Riverview Ave.

- Key Club 10, 11, 12
- Outing Club 9, 10, 11
- Yearbook 11, 12
- Bay Path College Cafeteria dishwasher

"Hail Hail, the gang's all here Leave your worries at the doo cuz they're not going anywhere." Dropkick Murphys

Polly, Pillerrrd

Eloise Narrigan

77 Woodside Dr.

The Rough Draft 11,12
Young Independents 11, 12
(Secretary)
Senior Class Play
60 Minute Photo 12

"I would rather be called extremely bad or extremely good, but never just 'all right'.. To be mediocre at anything is like pouring a bottle of water into the sea, you are just the same as every other wave" Jonathan Rhys Meyers

"Um/Wait/Yeah/What"

Wheezy, Wheeser, Ouise

Huong Nguyen

116 Bellclaire Ave.

Damn Yankees (violinist) 11
Pit Orchestra (violinist) 9
Orchestra (violinist) 9, 10, 11
Art Club 9, 10, 11, 12
French Club 9, 11
NHS 11, 12
Rough Draft (Illustrator) 11
Senior Class Play
Stems, Flowers, and Gifts 10

"You must be the change you wish to see in the world." Gandhi

"The best way out is always through." Robert Frost

"Hardest battle is to be nobody but yourself in world that is doing it's best, night and day to make you like everybody else."

e.e. cummings

Rose, Huonginador, Nador

Rory O'Brien

154 Westmoreland Ave.

Soccer 9, 10, 11, 12
Track 9, 10, 11, 12
Men's Chorus 9, 10, 11
Lyrics 12
BPA 11, 12
Knitting Club 11
Young Republicans 11
SADD 12
Outing Club 11, 12
Senior Class Play

'And remember, hope is a good thing, maybe the best of things, and no good thing dies." Shawshank Redemption
'If there was a terrible storm outside, but somehow this dog lived through the storm and he showed up at your oor when the storm was finally over, I think a good name for him would be Carl." Jack Handy

Fuzz, OBers, OB, Lenny, Chastain

Rory Pasini

104 Belvidere St.
Springfield

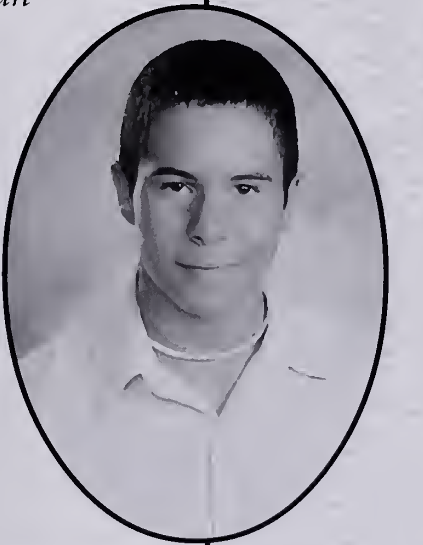
Baseball 9, 10, 11, 12 (Captain)
Triple Crown Sports All Northeastern 11, 12
Key Club 9, 10, 11, 12
Young Democrats 9, 10, 11, 12
SADD 9, 10, 11, 12
LCC maintenence crew 10, 11
Max's Tavern 11, 12
Office of John Kerry 9, 10, 11, 12

"Whatever tears at us, whatever holds us down, we'll make the best of what's around." DMB

"Trust in God and fear nothing." Stonewall Jackson

Richard Pinkman

21 Fairfield Terr.



Kathleen Plummer

20 Eton Rd.

Basketball 9
La Capella 9, 10, 11
SADD 11, 12
Senior Class Play
Powder Puff Game

"Everyone is always trying to accomplish something big, not realizing that life is made up of the little things."
"What do you do when the only person who can make you stop crying is the one who made you start."

Kath, Linnie

Kathryn Premont

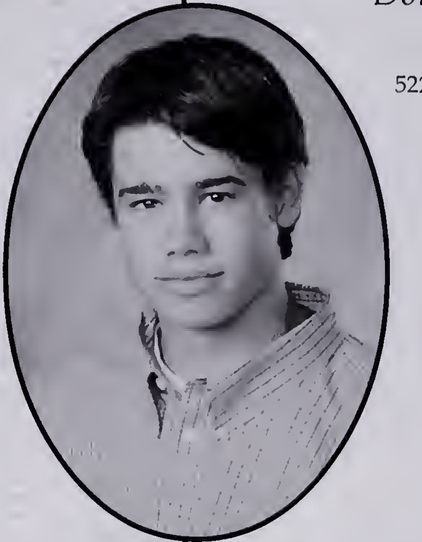
20 Woodcrest Road
Springfield

Distinctive Art Studio 9, 10
Dance Company 9, 10, 11, 12
Enviromental Club 12
Mock Trial 10, 11
Girl Scouts 9, 10, 11, 12
NHS 11, 12
Powder Puff Game
CVS 11, 12

"You have to be yourself. Be very honest about who and what you are. And if people still like you, thats fine. If they don't, that's their problem."Sting

Katie, The Dropper

Douglas Raeder



522 Laurel St.

Chelsea Reilly

73 Hawthorne St.

Soccer 9
Track and Field 9, 10
Cheerleading 9, 10, 11, 12
Gymnastics 10, 11, 12
Key Club 9
Mock Trial 10
Yearbook 12
Powder Puff Game
Dunkin Donuts 11, 12

"Freedom's just another word for nothing left to lose" Janis Joplin
"Spare your heart. Everything put together sooner or later falls apart. There's nothing to it, nothing to it. You can cry, or you can lie. For all the good it'll do ya, you can die. But when it's done and the police come and they lay you down for dead, just remember what I said." Paul Simon

Chels, Chelso, Cheldawg, Shaft #1

Matthew Retchin

227 Wimbleton Dr.

Cross Country 9, 10, 11 ,12
Baseball 9, 10, 12
Track 11
JCC 9, 10, 11, 12
Big Y
McDonalds

"Me and her don't have much in common except for one thing, we bot like me." Will Kirby
"Pain is weakness leaving the body." Me
"A priest, minister, and rabbi walk in a bar. The bartender says...What is th a joke?"
"It's just a job. Grass grows, birds fly, waves pound the sand. I just beat people up."Muhammad Ali

Retchdog, Neanderthal

Mia Rothweiler

30 Fairway Dr.

Basketball 9, 10, 11, 12
Track 9, 10
Senior Class Play
Powder Puff Game

"The little things: there's nothing bigger."

Lindsay Rufo

62 Birch Rd.

Cheerleading 9, 10, 11
UCA National's, Florida 10
Gymnatstics 9, 10, 11
Cheerleading Coach 11, 12

"May the wind always be at your back and the sun upon your face and the winds of destiny carry you aloft to dance with the stars."
" I love you without knowing how, or when, or from where. I love you straight-forwardly, without complexities or pride; so I love you because I know no other way than this; where I do not exist, nor you, so close that you hand on my chest is my hand, so close that your eyes close as I fall asleep."Pablo Neruda

Erin Randall

38 Crescent Rd.

Track 9, 10
Cheerleading 9
La Capella Section Leader 12
Gospel Choir 11
Student Council 9 (Class VP)
Key Club 9, 10
Outing Club 10, 11, 12
Soccer 9
Yearbook 10, 11 (Co-Editor), 12
(Editor-in-Chief)
French Club 12
Environmental Club 12
Senior Class Play
Kiddly Winks 11
Mirkins Cleaners 11, 12

"The past is beautiful, like the darkness between fireflies." Mason Jennings

"The greatest thing you'll ever learn is just to love and be loved in return." Moulin Rouge

Ryan Reardon

8 Robin Road

Soccer 9 (Captain)
Basketball 9
Track and Field 9, 10, 11
BPA 10, 11, 12
Senior Class Play
Mayor's Office of Consumer Information
Crestview Country Club

"Eat, drink, and be merry, for tomorrow we shall die." Epicuius
"They're a rotten crowd. You're worth the whole damn bunch of 'em" Nick Carraway

RyRy, Ace, Kitten

Chistopher Roach

241 Wolf Swamp Rd.

WTM Hockey 11
Track 12
Hockey 12
Senor Class Play
Health Assistant 12
Baystate Medical Center 12
Six Flags 11

y the time you know what to do, you're to old to do it." Ted Williams
'd rather die like a man than live like a coward" 2Pac
oodgoobclegoop" Grady Wilson from 'Sanford and Son'
"You big dummy." Redd Foxx

Roach, Roachie, CacaRoach

Tiffany Ronen

24 Churchill Dr.

Field Hockey 9, 10
Track 9, 10
S.A.D.D. 11
Senior Class Play
Powder Puff Game

"Life isn't about finding yourself. Life is about creating yourself."

Tiff

Elizabeth Ryan

29 Warren Terr.

Amnesty International
Anime Club
Drama Club

"No day but today"Rent

Don't compromise yourself . You're all you've got."Janis Joplin

"You must be the change you wish to see in the world." Gandhi

nd the battle has just begun; There's many lost but tell me who has won?"

"Free your mind"The Matrix

Am I done now?"Ed, Cowboy Bebop

Liz, Pookie Pookie Honeybear, Kiyomi

Victoria Sabettini

63 Albemarle Rd.

Basketball 10
Track 10, 11
Indoor Track 11

"Go the extra mile, it's never crowded."
"Sometimes there are no next times, no time outs, no second chances, sometimes it's now or never."

Vicki, Vic

Daniel Sampson

311 Pinewood Dr.

Wind Ensemble
Jazz Band
Science League 12
Science Club 12
Powder Puff Game
JCC Summer Camp
Agawam Paintball

"A good name is better than gold."

Samp, Dan the man, All powerful, Merciless One

Melissa Schroyer

127 Chestnut St.

Cross Country 9,10
Swimming 9
Track & Field 9,10
Indoor Track 10
Drama Club 11,12 (Technical Directo
Jet Jotter 9, 10, 11, 12 (Photo/Art Edit
Rough Draft 11, 12 (Photo/Art Edito
Photography Club 9, 10
National Honor Society 11, 12
Senior Class Play (Lighting Director)
Powder Puff Game
Longmeadow Community Market 11
Big Y 11, 12

"Life is too important to take seriousl
Corkey Siegell

"The first step to getting the things yo
want out of life is this: Decide what y
want." Ben Stein

Melis, Missy, Trouble, Shoes

Alexander Shebar

37 Tennyson Dr.

Legitimate Theatre
Jet Jotter 10, 11, 12
Rough Draft 10, 11, 12
Impressions 11
Senior Class Play
The Republican (Section writer)

"On a scale from one to awesome.... I'm super great!"
Strong Bad

Shibby, Sheep, Hersheybar

Constance Sheehan

285 Williams St.

Kara Shypula

45 Emerson Rd.

Basketball 9, 10, 11, 12 (Captain 11)
Soccer 9, 10
La Cappella 11, 12
Amnesty International 11, 12
Key Club 9, 12
S.A.D.D. 11, 12
Senior Class Play
Powder Puff Game
American Eagle 11, 12
CCD Teacher 12
Ian D. 3 on 3 Basketball Tournament 11, 12

"Never give up."

Shyps, Lita, Shypper

Nina Sidman

186 Wolfswamp Rd.

Cheerleading 9, 10
Track 9, 10
Knitting Club 11, 12
S.A.D.D. 12
Key Club 9, 10
Senior Class Play
Powder Puff Game
Metro Arts 11, 12
Camp Counselor 11, 12

"Your times shared with your
friends will last a lifetime. Cheri
the moments and time you've
spent with them and treasure th
always."anonymous

Nin, Nini, Nilf

Jocelyn Scudder

7 Tecumseh Dr.

Tennis 9, 10, 11, 12
Soccer 9, 10
Indoor Track 11
Swimming 9, 10
La Capella 10, 11, 12(section leader)
SADD 11, 12 (VP)
Key Club 9
Senior Class Play
Powder Puff Game
Pete's helper 11

e have only one life to live , live it so when it's over , there are no regrets." 'I'd like to think the best of me is still hiding up my sleeve."John Mayer

Joce, Scudz, J-Sco, Jocie

Brian Shea

135 Woodside Dr.

Men's Chorus 9, 10, 11, 12
Lyrics 12
Senior District 9, 10, 11, 12
Science League 9, 10, 11, 12
Drama Club 11, 12
Programming Club 11, 12
Yearbook 11, 12
Science Club 11, 12
NHS 11, 12
Senior Class Play(Audio Director)
Chatham Hardware 11

"Music expresses that which can be put into words and that which can not remain silent." Victor Hugo

Shea, Sheaster

Lucy Sheehan

58 Pleasantview Ave.

Cross Country 9, 10, 11, 12
Indoor Track 10, 11, 12
rack and Field 9, 10, 11, 12 (Captain)
Impressions 9, 10, 11, 12 (Editor)
NHS 11, 12
Sanctuary 11, 12
Mad Martha's 10
Youth Track Coach 11, 12

" I want to be where I've never been efore. I want to be there and then I'd nderstand. Know I'm right and do it ight could I get to be like that? How to know what I don't know nothing more to gain." -Guster

Jennifer Sherman

23 Duxbury Lane

Softball 9
Soccer 9, 10
Basketball 9, 10
S.A.D.D. 11, 12
Senior Class Play
Powder Puff Game
Baystate Reference Labs 10, 11, 12

"The greatest thing you'll ever learn is just to love and be loved in return."Moulin Rouge

Jen, Jenny

Tanya Simmons

321 Maple Rd.

Chorus 9, 10
Subway 10

is better to be hated for who you are, than to be loved for who you are not."

Adam Singer

63 Pinewood Hills

Baseball 9, 10, 11, 12
International Club 10, 11
S.A.D.D. 11, 12
NHS 11, 12

"I have not failed. I've just found 10,000 ways that won't work."Thomas Alva Edison

"Be nice to people on your way up because you might meet them on your way down." Jimmy Durante

Leigh Skelton

97 Nevins Ave.

Swimming 9, 10, 11, 12
Track 10
School Specialty

"Sail on, Sailor." Meghan C.

Legalin, Skelton

Alexander Sklar

210 Park Dr.

Soccer 9, 10, 11, 12
Basketball 9
Ski Team 10
Lacrosse 9, 10
Math Team 9, 10, 11, 12
BPA 11, 12
Knitting Club 11, 12
Basketball Hall of Fame

"A man is a success if he gets up in morning and gets to bed at night, a in between he does what he wants do." Bob Dylan

"Cowboy Up" Red Sox

"CHEEZ-ITS, the bond that brings everyone together." Benjamin Swas

The Show

Nicole Sobel

220 Burbank Rd.,
80 Hawthorn St.

Swimming 10, 11, 12
Orchestra 9, 10, 11, 12
Senior Districts 10, 11, 12
Women's Group 11
R.A.D. 11
Young Democrats 12
P.A.L.S. 9, 10
Senior Class Play
Powder Puff Game
Lifeguard 11, 12
Boys and Girls Club Volunteer 10, 11
Nursing Home Volunteer 9, 10

"I'd like to see the wold from a different angle." Jewel

Nico, Soey, Nollie, Nic, Sobes, Nikki, Andie

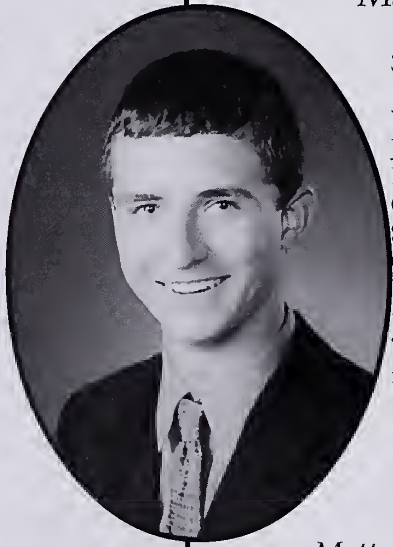
Evan Souliere

141 Pleasantview Ave.

Track & Field 9
Concert Band 9, 10, 11, 12
Pep Band 9, 10, 11, 12 (Conductor)
Yearbook 9, 10, 11, 12 (Business and Ads Editor)
Jet Jotter 9, 10, 11, 12 (Editor)
NHS 11, 12
Senior Class Play
Sinai Temple Religious School Aide 10, 11
Six Flags 11, 12 (Team Lead)
SPFTY 9, 10, 11, 12 (President 11)
NFTY-NE 11,12
(Regional Corresponding Secretary

"The three little sentences that will you through life. Number 1: Cover me. Number 2: Oh, good idea, boss! Number 3: It was like that when I g here." Homer Simpson

Ev, Souls, Souliere, Superman



Matthew Sullivan

350 Converse St.

Wind Ensemble 9, 10, 11, 12
Jazz Band 9, 10, 11, 12
Lyrics 9, 10, 11, 12
Orchestra 10, 11, 12
Senior Class Play
Greenwood Summer Camp

"Don't mess with this sub. That's my rule."Mrs. Davis's rule

Matt, Sully, Little Spanky

Robert Sullivan III

1428 Longmeadow St.

Soccer 9, 10, 11, 12 (Captain
Lacrosse 9, 10, 11, 12 (Capta
BPA 10, 11, 12 (Vice Preside 10, 11, President 12)
Senior Class Play

"How do you like them apples?"

Bobby

Andrew Slasinski

897 Converse St.

Orchestra
Programming Club 11, 12
(President)
Science Reading Club 11, 12
Math Team 9, 10, 11, 12

Alexandra Smith

203 Greenacre Ave.

Swimming 9, 10, 11, 12
JCC Swim Team 9, 10, 11, 12
Chorus 9
Concert Band 9
Wind Ensemble 10, 11, 12
La Cappella 10
Lyrics 11, 12
Senior Class Play
Powder Puff Game
Community Music School 11
JCC Camp Counselor 11, 12
Lifeguard 11, 12

"Life moves pretty fast. If you don't stop and look around once in awhile, you could miss it."Ferris Bueller

"Celebrate we will because life is short but sweet for certain."DMB

Alex, Smitty, Al, Albert

Marina Stein

130 Homestead Blvd.

Track & Field 9
Cross Country 9, 10, 11, 12
Key Club 9, 10
S.A.D.D. 12
Senior Class Play
Powder Puff Game
Burrow's Florist 10
CVS 11, 12
JCC 11, 12

"There is no such thing as failure. Mistakes happen in your life to bring nto focus more clearly who you really are." Oprah Winfrey

"The joy of life is made up of obscure and seemingly mudane victories that give us our own small satisfactions." Billy Joel

Ween, Weenie, Stein, Schtein, Maweena

Travis Suber

750 Wilbraham Rd.
Springfield

Basketball
Track & Field
Unity Club

"Some games you play, some games play you."

Subes

Melissa Sunter

101 Dover Rd.

Cross Country 10
Impressions 9, 10, 11, 12
Key Club 9, 10, 11, 12
F.A.I.T.H. Club 9, 10, 11, 12
Environmental Club 12
Latin Club 9, 10, 12 (President 12)

"Remember, even God has a sense of humor. Just look at the platypus." Dogma

"Finish each day and be done with it. You have done what you could; some lunders and absurdities have crept in; forget them as soon as you can. Tomorrow is a new day; you shall begin it serenely and with too high a spirit to be encumbered with your old nonsense."Henry David Thoreau

Benjamin Swasey

135 Westmoreland Ave.

Student Council 10,11,12(Secretary)
NHS 11,12
Jet Jotter 11,12 (Sports editor)
Basketball 9,10,11,12 (Captain)
Golf 9,10
Senior Class Play

"Take your time don't live too fast , troubles will come and they will pass. Go find a woman, and you'll find love and don't forget son there is someone up above, and be a simple kind of man." Lynard Skynnyrd

"And they will live happily ever after."

Swase

Lindsay Tagliapietra

186 Converse St.

American Eagle 12

"Everything will eventually come to an end, so try to savor the moment cause time flies, don't it? The beauty of life, you gotta make it last forever." Nas

Linds, Jo Jo, Tags

Ashlie Talbot

201 Converse St.

Track 9,10
Cross Country 10
Soccer Manager 12
Lacrosse Manager 11, 12
NHS 11,12
Powder Puff
Teacher's Assistant 12
Kid's Council 11,12

"The most wasted of all days is on
without laughter." e. e. cummings

"The greater the obstacle, the more
glory in overcoming it." Moliere

Mary Touhey

60 Salem Rd.

Basketball 9,10
Track 9
SADD 11,12
Knitting Club 11,12
Key Club 12
Senior Class Play
Powder Puff

"Learn from yesterday, live for today, hope for tomorrow." Anon.

Mare

Leigh Urbschat

266 Pinewood Dr.

Swim Team 9, 10, 11
East Longmeadow Summer Swim
Team 9,10
JCC Swim Team 9,10
La Cappella 9,10
Lyrics 11,12
Concert Band 9
Wind Ensemble 10,11,12
Senior Districts 10,11,12
Jazz Band 9,10,11,12
All State 10
Symphony Orchestra 10,11,12
Yearbook 12
NHS 11, 12 (Secretary)
Odyssey of the Mind 9
Senior Class Play
CMSS Internship 11
Spec Pond Lifeguard 11,12

Urbs

Corey Vincent

681 Shaker Rd.

Molly Wagner

87 Oxford Rd.

Soccer 9,10,11,12 (Captain 12)
Skiing 9,10,11,12 (Captain 11,12)
Lacrosse 9,10,11,12
Women's Chorus 9
La Cappella 11
NHS
Powder Puff
Senior Class Play

"Life brings tears, smiles, and
memories. Tears dry, the smiles fa
but the memories...will last forever
"It's funny how day to day nothing
seems to change, but when you loo
back, everything is different."
"Truly great friends are hard to fin
difficult to leave, and impossible t
forget."

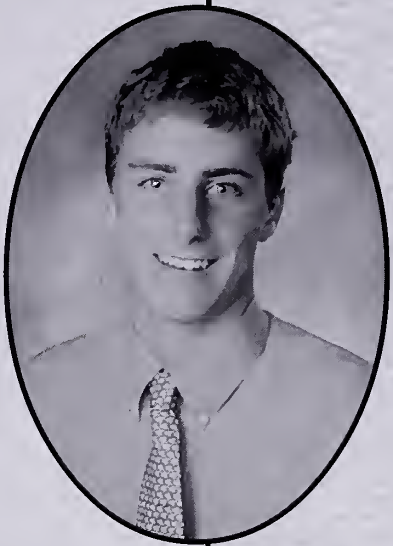
Molls, Wags, Wagner

John Togneri

870 Longmeadow St.

Soccer 9, 10
Football 11, 12
Lacrosse 9,10,11,12 (Captain)
siness Professionals of America
10,11,12 (Secretary)
Outing Club 10,11
CCD Teacher 11,12
ay Path College Grounds Crew
11,12

"I'll procrastinate tomorrow."
Garfield
"Get it done." John Rauseo



Togs, That Guy

Tiffany Tranghese

23 Sue St.

La Cappella 10
Hollister
CVS

"School's out, memories past, don't
ever doubt our friendship will last."

Tiffony, fany, Tiff, Tifferoni

Zachary Van Schowen

573 Wolf Swamp Rd.

ugh Draft 9,10,11,12 (Editor)
Jet Jotter 9,10,11,12
Young Independents 11,12
Environmental Club 11,12
Drama Club 11,12 Board
Member
NHS 11,12
udent Council 11 (President)
Senior Class Play Director
Big Y 11,12

Zach

Monica Vazquez

1150 Longmeadow St.

Dance 9,10,11,12
Senior Class Play
Panera Bread 12
CCD Teacher 10,11,12

"I believe that imagination is
stronger than knowledge, that
myth is more potent than
history."

Daniel Webber

100 Birch Rd.

Soccer 9
Lacrosse 10,11
Baseball 9
Ski Team 9,10,11,12
Cross Country 10,11,12
Men's Chorus 9,10
nitting Club 9,10,11,12 (Co-Founder)
Senior Class Play
Ski Haus 11
Big Y 11,12
College Pro Painting 12

" People are not people but
puppets in a puppet show." DW
When you dig my grave, make it
allow so that I can feel the rain."
DMB

Dano, Dan

Jaime Webber

131 Tennyson Dr.

Ski Team 11,12
Knitting Club 12
Powder Puff Game
Metro Arts 10,11,12

"Our memories will last a lifetime.
We'll take the best, forget the rest,
and someday find these are the
best of times." Kermit the Frog
"If it looks good, you'll see it. If
it sounds good, you'll hear it. If
it's marked right , you'll buy it.
But if it's real, you'll feel it."
Kid Rock

Jaim, Jay, Jaimdawg

Kate Weinmann

172 Franklin Rd.

Swimming 9,10
NHS 11,12
Environmental Club 12
Key Club 9,10
Yearbook 12
Outing Club 11
Senior Class Play
Powder Puff
CVS Pharmacy 11,12
Greenwood Camp Counselor 10
Sumner and Toner Insurance 11,12
Church Youth Group 9,10,11,12

"Just goes to show, you never can tell." Macally Newman
"A rose by any other name would smell as sweet." Shakespeare

Katie, KT, Katie-Bear, Katalina

Eric Weiss

18 Pioneer Dr.

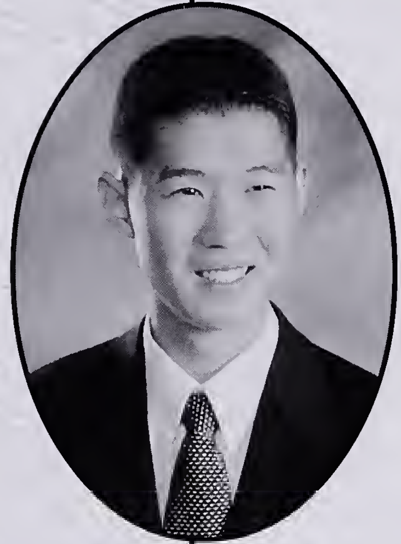
Wrestling 9,10,11,12
Orchestra 9,10,11,12
NHS 11,12
Senior Class Play
Teacher's Aid at Sinai Temple

"Here's the thing...If you can't spot
sucker in the first half hour at the ta
then you are the sucker." Matt Dam

"Kill one man and you are a murde
Kill millions and you are a conquer
Kill all and you are a god." Jean Rostand

Harry

John Whang



18 Edgemont St.

Track 9,10
Jazz Band 10,11,12
Tae Kwondo 9,10,11,12
Wind Ensemble 10,11,12 (Section Leader)
Science League 9,10,11,12
Debate Team 10,11,12
NHS 11,12 (President)
International Club 11,12
Yearbook 12
Senior Class Play

"Science is organized knowledge. Wisdom is organized life." Immanuel Kant

Whang

Erica White

73 Woolworth St.

Lyrics 10,11,12 (Section Leader)
Wind Ensemble 10,11,12
Jazz Band 9,10,11,12(Section Leader)
Symphony Orchestra 11,12
I Cantori 11
Women's Chorus 9
Mock Trial 10,11,12 (Captain 11
International Club 11,12
NHS 11,12
Senior Class Play

"Our deepest fear is not that we
are inadequate. Our deepest fe
is that we are powerful beyond
measure." Nelson Mandela

Khambrel Wilson

59 Princeton St.

Soccer
Basketball
Lacrosse
Track
Lyrics
Unity Club
Basketball Hall of Fame
Friendly's
Finish Line

"Only the strong survive."

Glass, Breezy, Gary Coleman

Lauren Young

107 Woolworth St.

Basketball 9,10,11,12 (Captain)
Soccer 9,10
Volleyball 11,12 (Captain)
Environmental Club 11,12
French Club 11,12
Senior Class Play
Powder Puff
Summer Enrichment 10,11,12
CCD Teacher 11,12

"He who laughs last, didn't get the joke."

LaLa, Youngin, LY

Jodi Weisser

16 Highland St.

Swimming 9,10
Cross Country 10
Track 9,10,11,12
Indoor Track 11,12
Key Club 9,10,11,12
SADD 9,10,11,12 (Secretary)
Outing Club 11,12
Senior Class Play
Powder Puff
Athletic Training Internship 11
Bliss Pool 10,11,12

"Enjoy yourself. These are the good old days you're going to miss in the years ahead." Anonymous
"The most wasted of days is one without laughter." e. e. cummings

Jodes, Jodoch, Weez, Schmode

Andrew Wernick

181 Tanglewood Dr.

Tennis 9,10,11,12 (Captain)
Soccer 9,10,11
Basketball 9
Business Club 11,12 (Vice President)
Math Team 10,11,12
NHS 11,12
Teacher's Assistant 10
Advest 11

"Try not to become a man of success, but rather try to become a man of value." Albert Einstein

"Winners never quit and quitters never win."Vince Lombardi

Vern, Root, Vernich

Rebecca Whiteford

47 Normandy St.

ross Country Manager 9,10,11,12
Swimming Team 9,10,11
Key Club 9,10,11,12
Environmental Club 12
Church Youth Group 9,10,11,12

Ve all take different paths in life, but no matter where we go we take a little of each other everywhere."Tim McGraw
ccepting yourself is the only way to gain personal happiness."

ecca, Beccs, Blondie, Whiteford, Whitey

Thomas Williamson

28 Highland St.

Soccer 9,10
Track 9,10
Business Professionals of America 10,11,12
Outing Club 10,11,12
SADD 11,12
Senior Class Play
The Mayor's Office of Consumer Information
Bacon & Wilson, P.C.
Longmeadow Motor Cars
LCM

"Question the answers."

Tcrew, Tcrizzy

Jillian Zeppa

54 Luden St.

Jason Zilewicz

76 Academy Dr.

Lacrosse 9,10,11,12
Ski Team
Golf 9,10,11,12
Senior Class Play
LCC Caddie 10,11

"I'm not normally a praying man, but if you are up there, please save me , Superman."
Homer Simpson

Jay, Jay-z, Zil

Courtney Zwirko

58 Shady Side Dr.

Soccer 9,10,11 (Captain)
Basketball 9,10,11,12
Lacrosse 9,10,11,12 (Captain 11,12)
Field Hockey 12
Women's Chorus 9
La Cappella 10,12
Knitting Club 11,12
Outing Club 11, 12
Student Council 10,11,12 (Executive VP)
NHS 11,12 (Fundraising Chair)
Senior Class Play
Powder Puff Game
Whip's Sports 9,10
Holyoke Hospital 10

"Never let the fear of striking out get in your way." Babe Ruth
"Every passing moment is a chance to turn it all around." Vanilla Sky
"I feel the greatest gift we can give to anybody is the gift of our honest self." Mr. Rogers

Cork, Z, CZWirk, Squatch,

Deziel Bessete

250 Bel-Air Dr.

Cheerleading 10,11,12
Men's Chorus 10,11
Lyrics 12
Baco's Pizza
Semolina Bread Company

Dez

Christopher McKenna

201 Converse St.

Football 9
Lacrosse 9,10,11,12
Wrestling 10
Cross Country 11
Indoor Track 12
Key Club
Friendly's
Big Y

"You reap what you sow."
Lou Reed
"Forget the pain of the past when focusing on the potential of the present." Barbara Talbot

Ireland

Richard Pearson

90 Wennoah Rd.

Football 9
Track 11,12
We Got Game 10,11
JCC Basketball 9,10,11,12
Anime Club 9,10
ABC Program

"You must be the change you w
to see in the world."
Mahatma Gandhi
"People talk to you a great deal
about your education, but some
good, sacred memory, preserve
from childhood is perhaps the b
education." Dostoyesk

Big Rich, PHAT FARM

Priscilla Wytrwal

68 Forest Park Ave.
Springfield

Cheerleading 9,12
Women's Group 10,11
Powder Puff Game
Famous Footwear 10,11
Weathervane 11,12
Pizza Works 12
Sunsets Tanning Salon 11,12

"People spend a lifetime searching for happiness, looking for peace. They chase idle dreams, addiction, religions, even other people, hoping to fill the emptiness that plagues them. The irony is that the only place they ever needed to search was within."
"Love is life. And if you miss love, you miss life." LB

Cilla

Alyssa Kulle

112 Bernie Rd.

Julia Chesky

1197 Converse St.

n order to be irreplaceable one
must always be different."
Coco Chanel
Life is short, then you're on life
pport- but in between it all I'm
gonna say that I've seen it all, so
watch me." Jay-Z
"Demand only perfection , and
take fantasy very seriously."
Marc Jacobs
o lie, just know I chose my own
fate. I drove by the fork in the
road and went straight." Jay-Z
"World Domination through
style." Tom Ford
ou dont know how hard it is to
be me."

Jul, Jules, Lourdes, Fashionista

Ali Libbos

124 Silver Birch Rd.

Soccer 9,11
Ski Team 9,10
Softball 9
Track 10,11
Key Club 9,10
Baystate Rehab Physical Therapy
Clinic Internship
KFC
Dunkin' Donuts

"It's not how many days you breathe
that counts, it's how many days that
take your breath away."

"Be who you are and say what you feel
because those who matter won't mind,
and those who mind don't matter."

Al, Aliyah, El

Krislyn Robinson

110 Cornflower Dr.
West Springfield

Diving 9, 10
Track 9, 10
Juventus 9,10
Boys Varsity Soccer Manager 10 ,11
Photography 9,10,11,12
HCC 12
DEP- United States Navy
McCray's Farm 9,10,11,12
United States Navy Operations
Specialist

"Nothing is more dangerous than sincere
rance and concientious stupidity." Martin
Luther King Jr.
A really great talent finds its happiness in
execution." Johann Wolfgang von Goethe
My eyes, my fears, my dreams , and all my
tears, my pain and what I believe...defines
me." Blind Luck

C-Lin, Cindy-Lou, Kristalyn

Nicole Varteresian

22 Highland St.

Soccer 9
Swimming 9
Track 9,10,11,12
Indoor Track 10, 11
Concert Band 9,10,11,12
Key Club 10
Internship with Pete Krasner

"I would untie you from railroad tracks even
if I got hit." Mucci
"Live with intention. Walk to the edge.
Listen hard. Practice wellness. Play with
abandon. LAUGH. Choose with no regrets.
Continue to learn. Appreciate your friends.
Do what you love. Live as if this is all there
is." Mary Anne M.B.L Radmacher
"All dreams can come true - if we have the
courage to pursue them." Walt Disney
"When you cease to dream, you cease to live."

Var, Y-Vars, Cingular, Nicki, Cole

Randall Somerville

71 Edgemont St.

Football 9,10,11,12
Basketball 9,10
Track 9,10

" It's a doggy dog world."
Snoop Dogg

Rhonda Moore

15 Girard Ave.
Springfield

Dance
La Cappella 11,12
Unity Club 11,12
Longmeadow Dance Team
11,12
Senior Class Play
Metco 9,10,11,12
Career Tec. 11,12
Six Flags

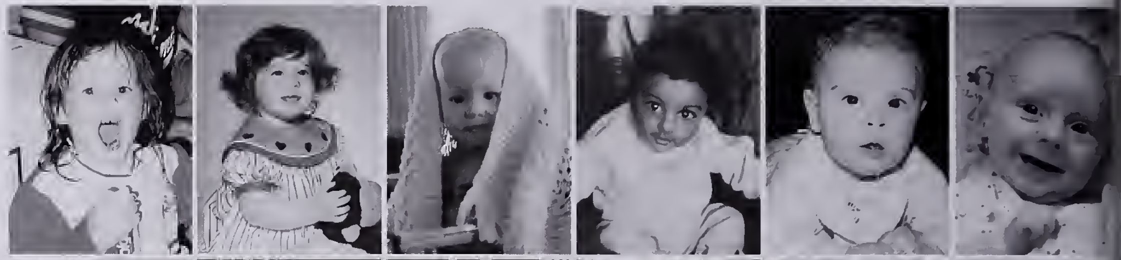
"Why spend my money, when
I can spend yours."

ostitos
POWE

NAA SUPERBOWL
FOOTBALL
CHAMPIONSHIPS
2003

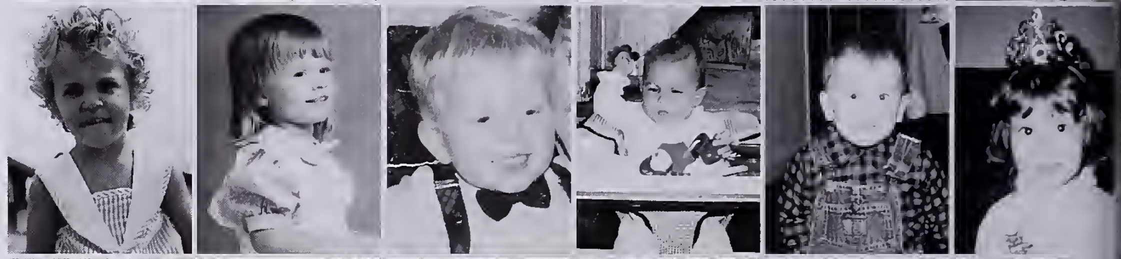
Making Baby Faces

Meagan Ahrens
Hillary Allan
Meghan Andrews
Ozaire Awais
Stefan Ayotte
Michael Baker

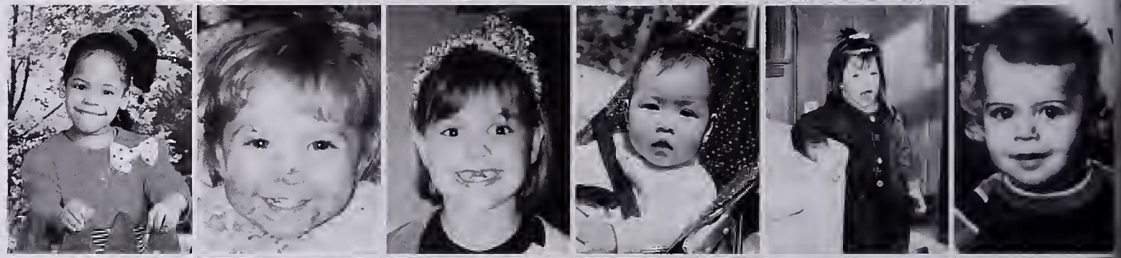


Richard Baker
Brittany Belkin
Katelyn Bergeron
Lee Berman
Matthew Bertuzzi
Zachary Bitzer

Whitney Bloom
Stephenie Bontempo
Sean Boutin
Alexandra Brault
Christopher Breen
Amanda Brown



Tracey Brown
Alyssa Burstein
Mary Beth Cadieux
Thien-Van Cai
Carly Chase
Julia Chesky



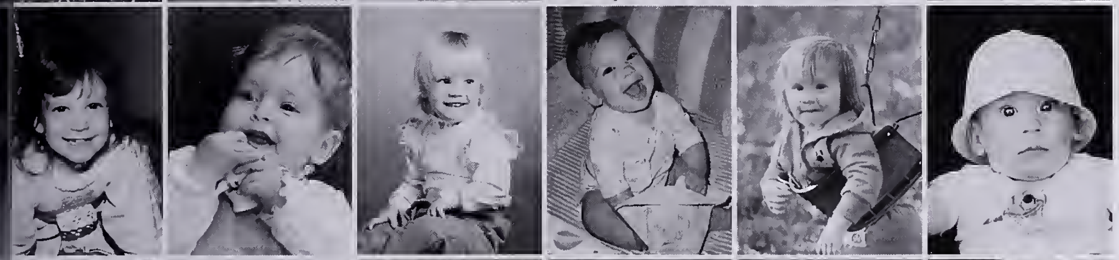
Anna Chin
Sara Colegrove
Meghan Conley
Alex Corn
Ryan Coughlin
Elizabeth Croll

Thomas Delis
John Deluca
Andrew Desmarais
Jennifer Dikan
Matthew Dimauro
Mark Diruzza

Thomas Donnelly
Joseph Drapalski
Caitlin Dugre
Ann Durfee
Andrew Elin
Jessica Elin

James Fortsch
Joseph Furnari
Kristie Gandelli
John Glynn
Sara Goddard
David Gogel

Lauren Gorenstein
Jessica Grimes
Derek Gyllenhammer
Maura Hall
Lauren Heaton
Jennifer Hoff



Kimberly Howard
Sarah Jackson
Kelly Jakobek
Adam Janes
Amanda Jason
Erik Jefferson

Brett Johnston
Caitlin Joyce
Jessica Judson
Peter Kadushin
Shruti Kashikar
Rebecca Katz

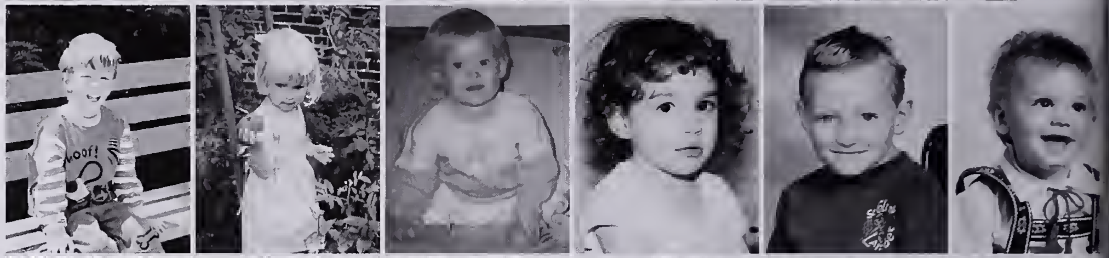
Gina Kevane
Julie Kim
Michael Kirstein
Kasey Koerner
Jillian Kos
Ashley Kowarsky

Tiffany Kowarsky
Elisabeth Krill
Patrick Kubala
Brittany Lafountain
Alex Lattell
Kenneth Leavitt

Jennifer Leduc
Karissa Leduc
Christina Lee
Cameron Leroy
Rainey Leverett
Adam Levy

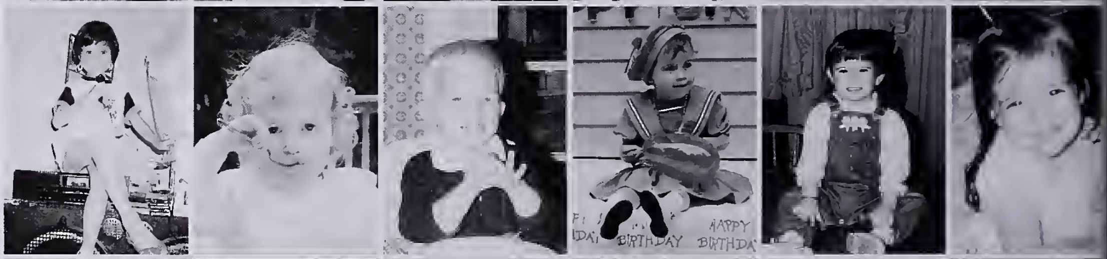
Ashley Lewis
Ali Libbos
Jacob Licht
Joann Lippert
Eileen Lynch
Nicholas Magliato

William Maier
Laura Marinelli
Amelia Marsh
Kaolin McEvoy
Christopher McKenna
Adam Mehle



Bryan Methe
Radhames Mora
Kristen Moore
Andres Moral
Darlene Murray
Eloise Narrigan

Huong Nguyen
Emily Nuzzo
Rory O'Brien
Kathleen Plummer
Kathryn Premont
Erin Randall

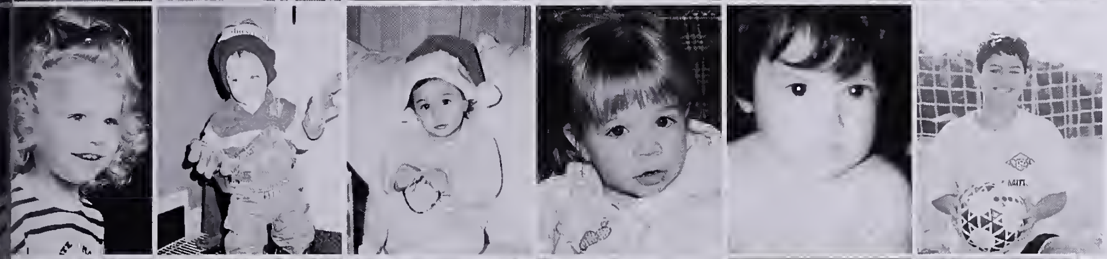


Mehdi Rizvi
Krislyn Robinson
Tiffany Ronen
Elizabeth Ryan
Victoria Sabettini
Daniel Sampson

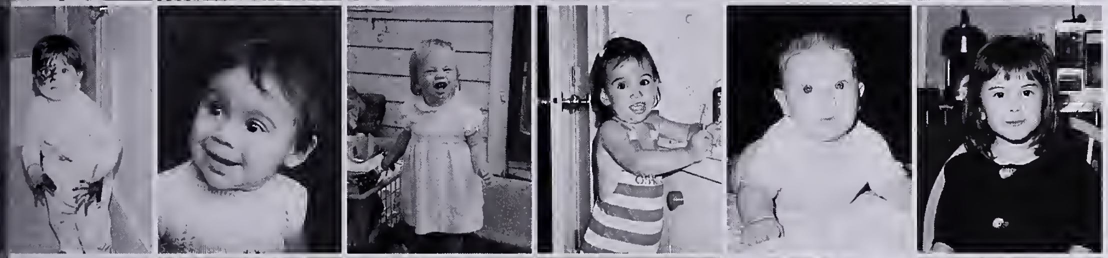
Melissa Schroyer
Jocelyn Scudder
Brian Shea
Alexander Shebar
Lucy Sheehan
Jennifer Sherman

Kara Shypula
Leigh Skelton
Alexander Sklar
Alexandra Smith
Nicole Sobel
Evan Souliere

Marina Stein
Travis Suber
Robert Sullivan
Melissa Sunter
Benjamin Swasey
Lindsay Tagliapietra

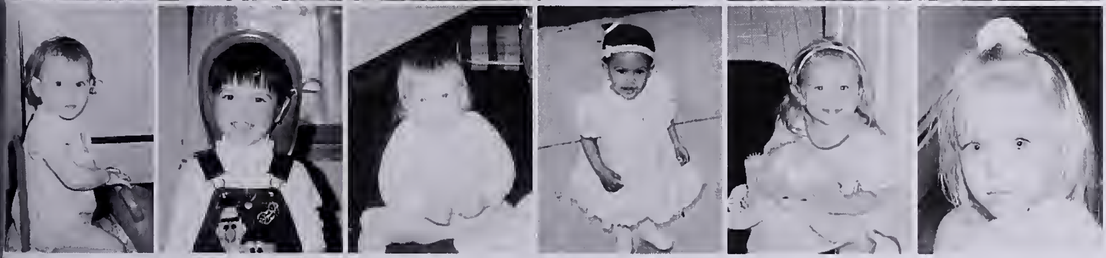


Ashlie Talbot
John Togneri
Tiffany Tranghese
Mary Touhey
Leigh Urbschat
Arshia Vakil



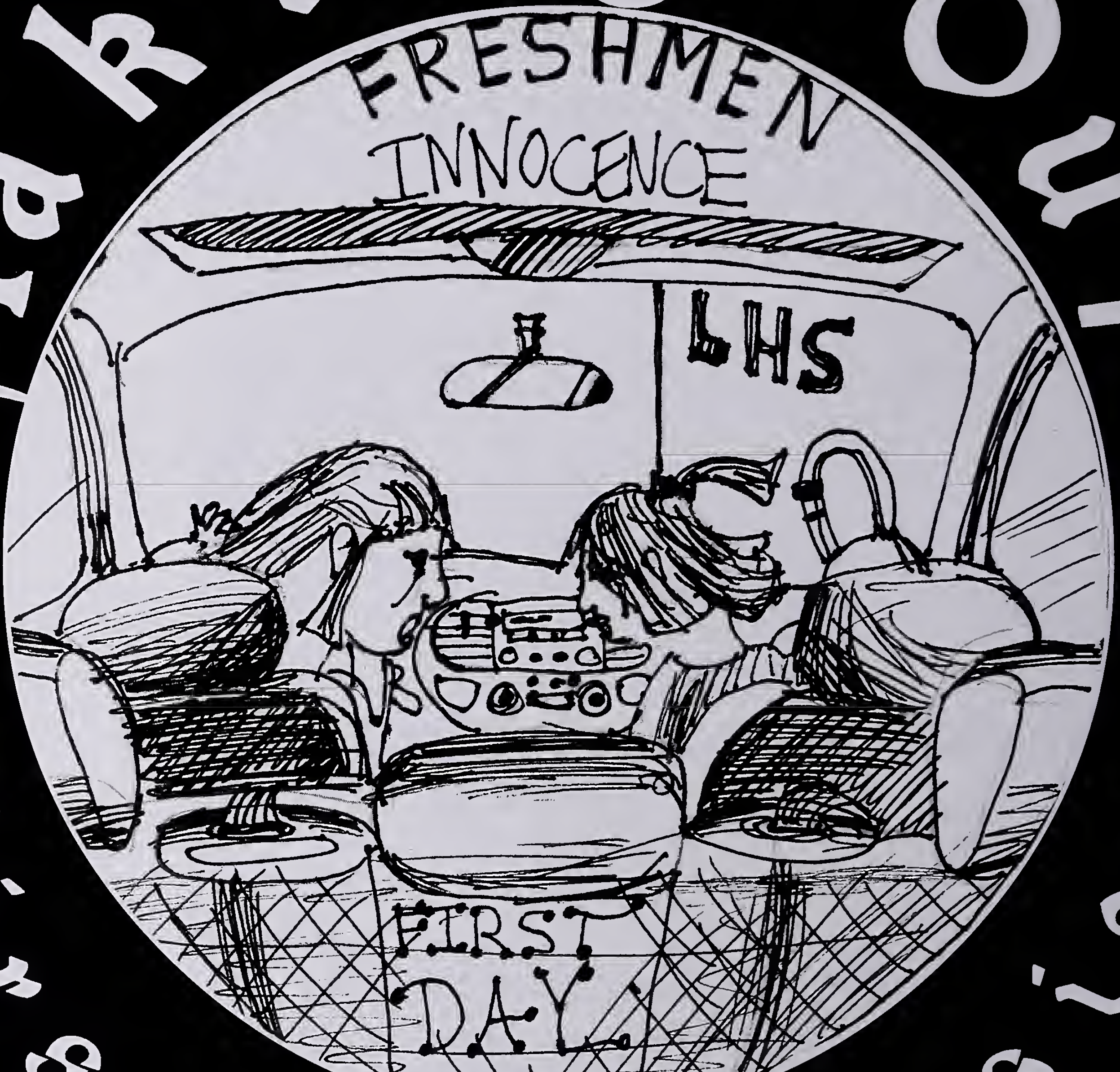
Nicole Varteresian
Monica Vazquez
Molly Wagner
Jaime Webber
Eric Weiss
Jody Weisser

Andrew Wernick
John Whang
Erica White
Rebecca Whiteford
Thomas Williamson
Khambrel Wilson



Lauren Young
Courtney Zwirko
Jay Zilewicz
Ebonee Emanuel
Whitney McCormack
Chelsea Reilly

Making Our first Impression


FRESHMEN
INNOCENCE
LHS
FIRST DAY

Underclassmen

JUNIORS: MAKING ANOTHER IMPRESSION

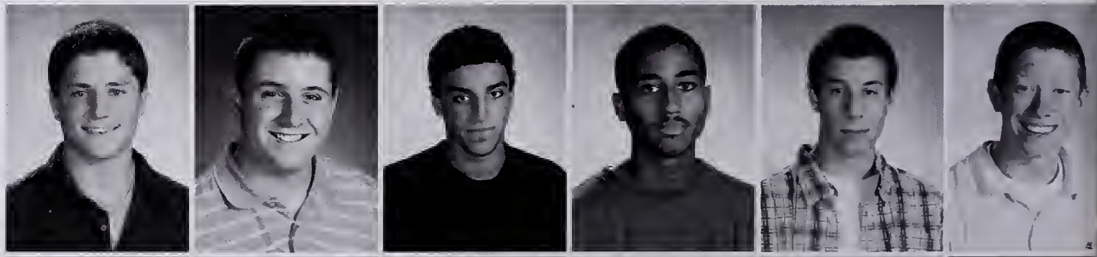
Holding a bag of Valentines, Shayna Gilman prepares for her day.

Kevin Robinson shows off his favorite school lunch, spicy chicken.

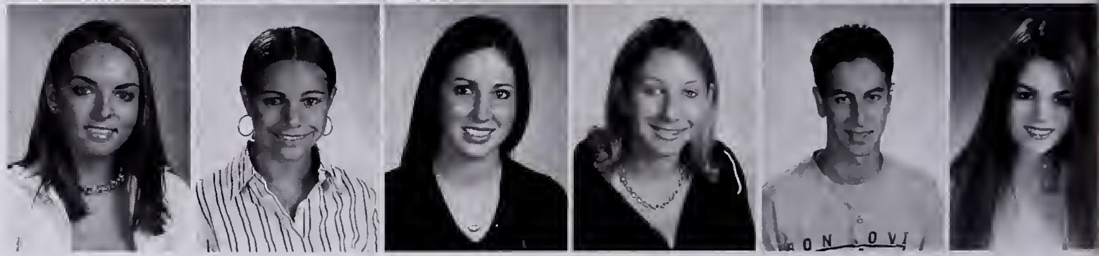
With a tasty muffin from the snack bar, Caroline Keady starts her day off right

Sara Packin enjoys the great outdoors.

Daniel Albert
Jason Altman
Angel Alvarez
Yannick Amegan
David Apirian
Gregory Appleman



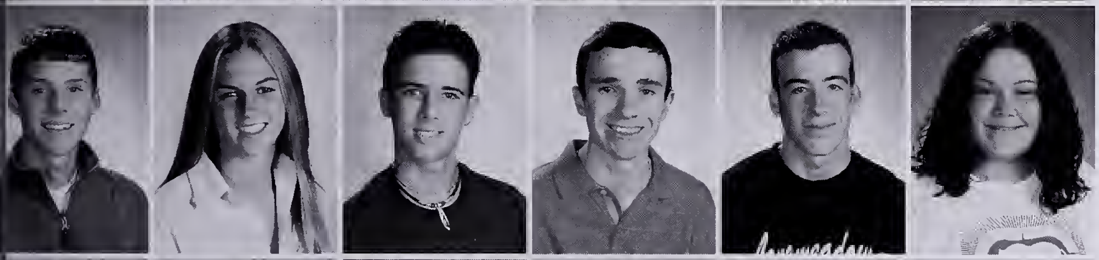
Sydny Axler
Carolyn Bagley
Julia Ballis
Mallory Bardin
Zachary Baru
Sara Begg



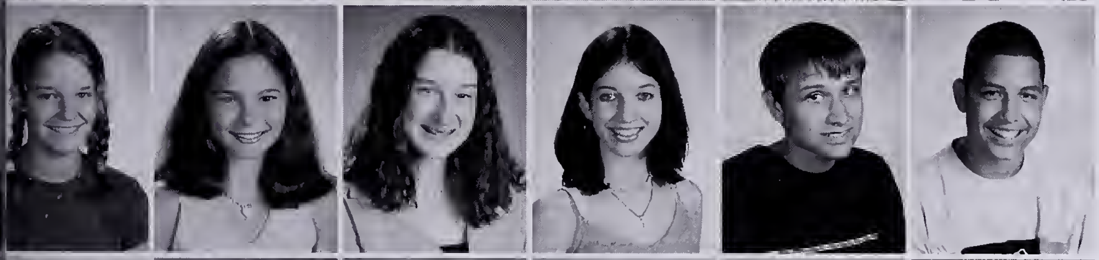
Jennifer Bellenoit
Andrew Benton
Jake Berezin
Jared Berezin
Elizabeth Berger
Dennis Berte

Julia Bienkowski
Mary Bitzer
Patrick Blakeman
Meghan Brault
Benjamin Brown
Conner Brown

Danielle Buoniconti
Allison Burke
Tyler Camp
Alethea Campbell
Thomas Cangialosi
Margaret Carpenter



Ryan Carroll
Christine Casaceli
Evan Casanova
Timothy Casartello
Daniel Casey
Nicole Cassista



Elsie Chamberland
Laura Chechette
Elizabeth Chipkin
Sarah Cohn
Philmore Colburn
Larry Coleman

Clare Collins
Rebecca Compton
Timothy Conboy
Robert Conley
Robert Conlin
Michael Consolini

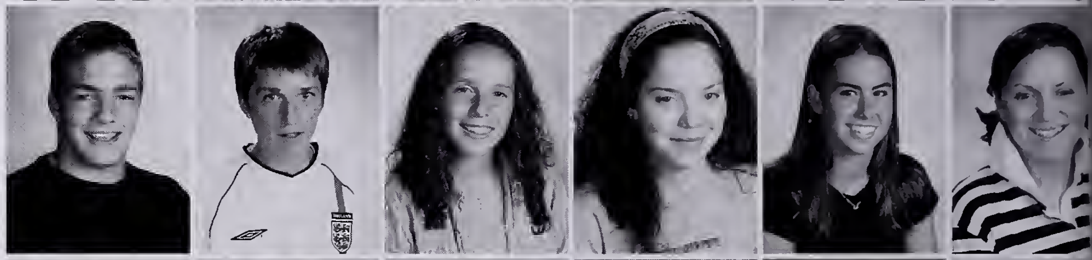
Daniel Covey
Ashley Cox
Megan Croteau
Joseph Deluca
Christopher Denmark
Matthew Denver

Alexandra Derby
Susan Dimauro
Heather Dobson
Paige Doyle
Catherine Drennan
Nicole Duncan

Douglas Duquette
Giancarlo D'Agostino
Robert Ehresman
Meaghan Ehrhard
Emily Ehrlich
Brooke Faber

Anthony Falvo
Allison Ferris
Kimberly Ferris
Shayla Fiedler
Alexandra Fioretti
Robert Flynn

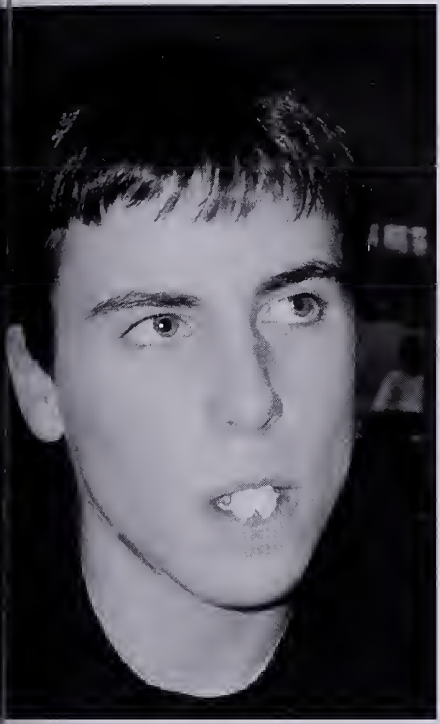
Michael Foss
Marc Gagnier
Jennifer Gallucci
Ann Gartman
Leann Gerlach
Jayme Gershen



Sara Gibby
Kirsten Giguere
Morag Gilad
Katharine Gilbert
Shayna Gilman
Sarah Gould

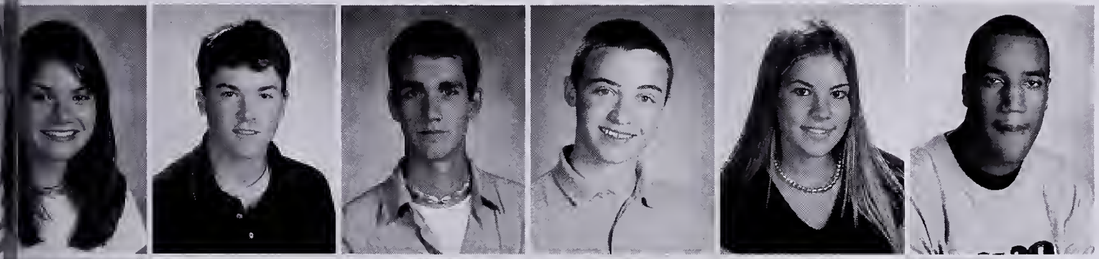
Kent Graham
Alexander Grassetti
Hannah Grayboff
Cameron Green
Jamaica Groeneveld
Kelsey Hall

John Hanmer
Elizabeth Harris
Sarah Harris
Isaac Hausman
Luke Hayes
Kelly Healy

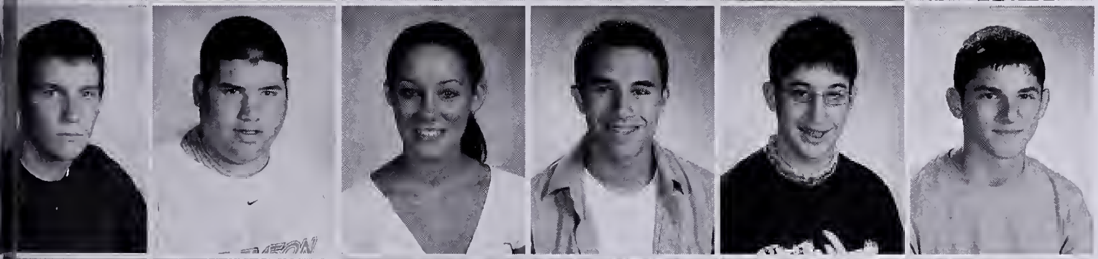


Justin Leavens lets his mind drift during lunch.

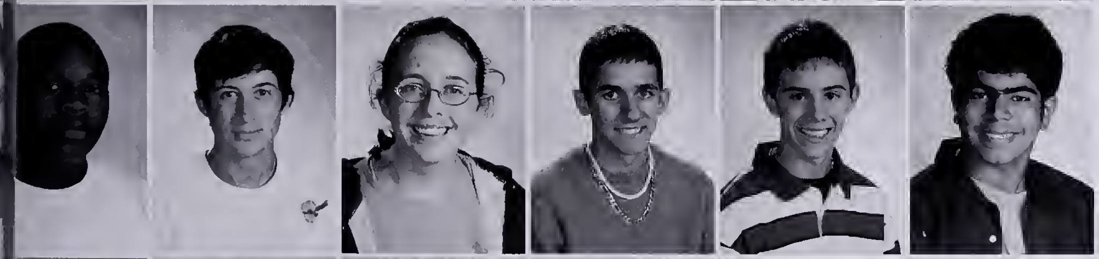
Julia Ballis, Elyse Linson, Jesse Viamari and Carolyn Bagley catch up in between classes.



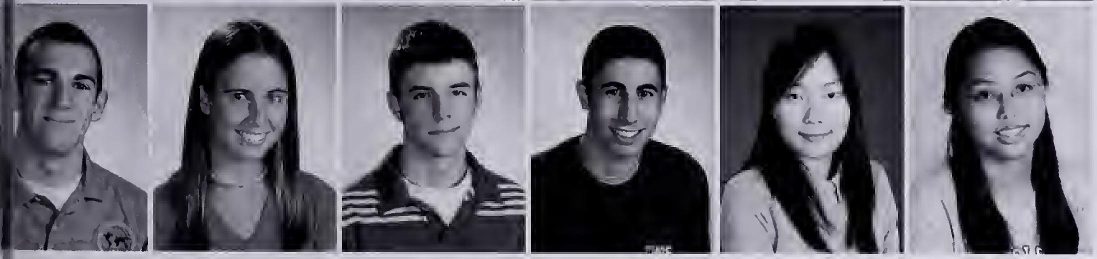
Elise Heaton
Robert Henley
Andrew Hess
Sean Hobin
Victoria Holden
Terrell Hollins



Charles Holm
Mario Iavicoli
Heather Ingalls
Ramsay Ishak
Adam Jackowitz
Jonathan Jaffe



Jonathan James
Christian Johansen
Meredith Johnson
Justin Jordan
Frederick Kapinos
Matthew Karim



Matthew Katz
Caroline Keady
Matthew Kelleher
P.J. Khosrowjerdi
Angela Kim
Rachel Kim

Matthew King
Brian Klein
Maria Koenigs
Kathleen Koerner
Shayna Komack
Elliott Krach

Catherine Kranz
Janet Kung
Philip Landry
Sarah Laurenzano
Justine Le
Justin Leavens

Madeleine Leigh
Nicholas Leigh
Nicholas Leventis
Elyse Linson
Danielle Loizzo
Sarah Longo

Striking a theatrical pose, Doug Duquette recites lines from "Macbeth" for his class.

San-Jin Nam and Ramsey Ishak hang out by the pool after school.

Cameron Green and KirstenGiguere share some downtime during lunch.

Pat O'Connor expresses his feminine side in English class, dressed as the Wife of Bath.

Yoni Shemesh ponders his favorite Canterbury Pilgrim, The Skipper.

Mary Bitzer , Danielle Meth and Farrell Simpson enjoy free time in the SLC.

Alexandra Low
Jessica Madnick
Samantha Marble
Gordon Marsh
Kaitlin Martin
Sean McMahon

Caroline Meehan
Nicholas Melikian
Nora Meserve
Danielle Meth
Meghan Morehardt
Allyson Moriarty

Arthur Mulhern
Nicole Muratore
Shannon Murphy
Benjamin Nadeau
Sang-jin Nam
Jacob Odentz

Patrick O'Connor
Patricia O'Malley
Matthew O'Rourke
Amanda O'Sullivan
Andrea O'Sullivan
Nicholas Paar

Sara Packin
Jessica Parker
Jenna Parzivand
Nehal Patel
Jovan Perez
Angela Perrakis

Colleen Perry
Mary Petroff
Anna Pion
Margaret Porter
Daniel Potito
Theodore Pratt

Timothy Rafter
Justin Rappaport
Douglas Ratner
Rebecca Reuben
Erich Roberts
Kevin Robinson

Margaret Roche
Emanuel Rodriquez
Jenna Ross
Alberto Rubinaccio
Grigoriy Ruge
Drew Sadowsky

Erica Santa
Gia Santaniello
Eric Sarno
Lauren Scheiper
Zachary Schiffman
Auden Schmitt

Corrie Schmitt
Michael Sekor
Jonathan Shaker
Zachary Shapiro
Leilani Sharpe
Yonatan Shemesh

Keerthi Shetty
Alison Shypula
Farrel Simpson
Ellen Spallino
Taijhia Steele
Melissa Stern

Joshua Stewart
Timothy Stewart
Danielle Suber
Kyung Suh
Caitlin Sullivan
Caitlyn Sullivan

Thomas Sullivan
Heather Sunter
Ella Sussman
Jeston Sussman
Brooke Talbot
Gregory Tariff

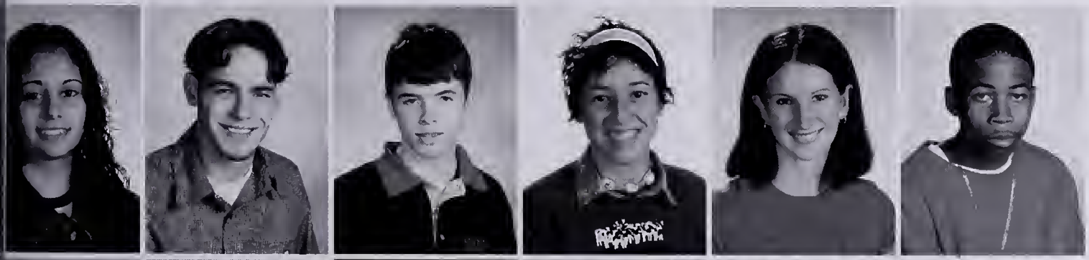
Eve Thau
Justine Therrien
Jaime Thomas
Robert Travers
Elizabeth Tredeau
Jessica Viamari

John Togneri and Ryan Carroll fool around in the SLC.

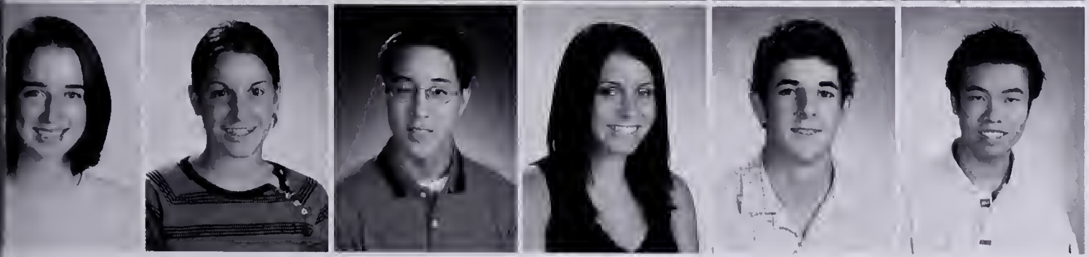
Fred Kapinos wakes up from his much needed math nap.

Clare Collins, Evan Casanova, Sarah Cohn, Sara Packin, Libby Harris, and Kelsey Hall hang out in the morning before classes.

Nick Leventis takes a moment to recollect the day's lesson.



Silvana Vivenzio
Joseph Warga
Andrew Warnock
Emma Welch
Susan Whitehouse
Deveron Wicks



Meghan Wilson
Lindsay Wright
James Wu
Andrea Yaffe
Collin Young
Eric Yuen

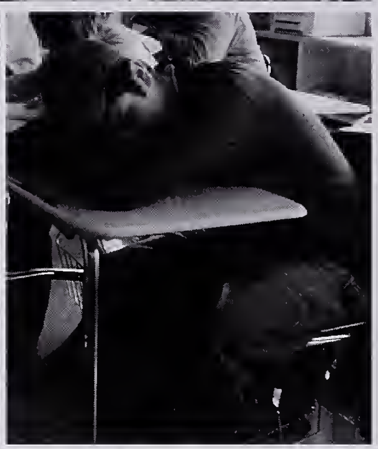
SOPHOMORES: MAKING OUR NEXT IMPRESSION

Class officers, Scott Janes, Ashley Brown, Madeleine Reavey, and Owen Fenton smile after a meeting in the library.

Ryan Nelson uses his congenial personality to borrow notes from his neighbor.

Model student Maggie Lonergan fills up her notebook with massive amounts of notes.

Making the most of his time, Luke Thomas takes a nap in English class.



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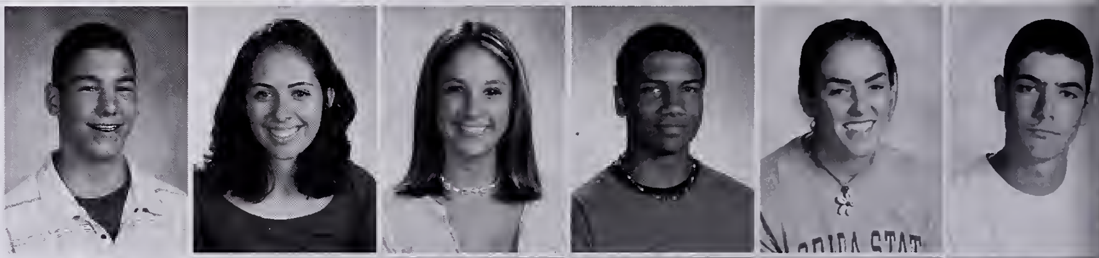
Jillian Aberdale
Catherine Adams
Akindele Afolabi
Lindsay Agnew
Greg Alexandru



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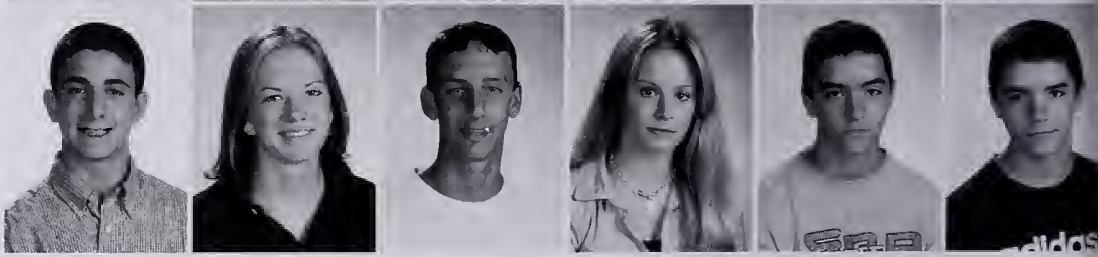
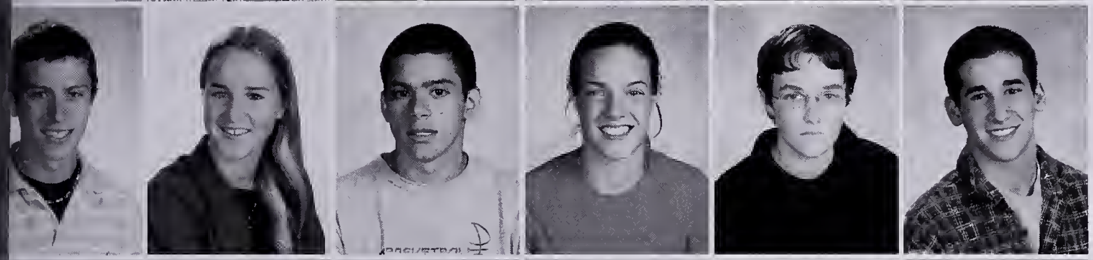
Ashley Anderson
Erik Anderson
Laura Anthony
Gregory Asher
Jeffrey Asher



Elyssa Auerbach
Katherine Aye
Katelyn Baker
Salomone Baquis
Justin Barber-Merullo
Robert Bardin

Elizabeth Barney
Jacob Barr
Kristen Bautz
Emily Berger
Angela Bertelli
Claire Berube



Alexander Bistran
Amanda Bolduc
Giuseppe Bonfiglio
Emily Bourdeau
Michael Brock
Nathan Broverman

Ashley Brown
Allison Burton
Thien-an Cai
Isabelle Calderon
Richard Camerota
Colin Campbell

Christopher Capurso
Andrew Caron
Taylor Carr
Merissa Carvalho
Matthew Casartello
Jennie Cash

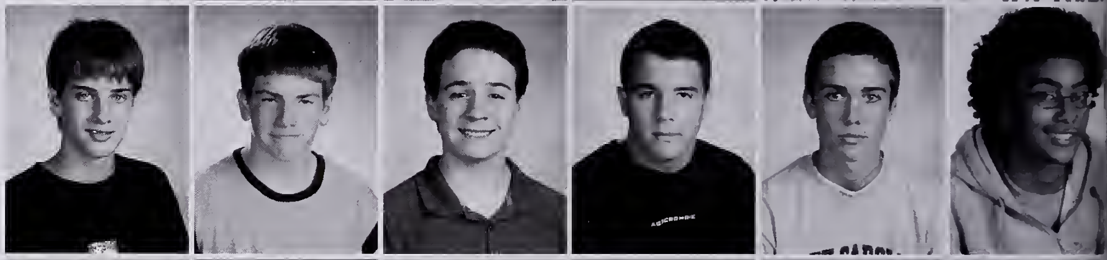
Daniel Chase
Suzanne Chipkin
Rebecca Ciciretti
Alyssya Clark
Nicholas Cline
Anthony Cocchi

Craig Colburn
Michael Collins
Sarah Collins
Natasha Conti
Zev Cossin
Lindsay Coughlin

Alexandra Coutu
David Covey
Alexander Cramer
Thomas Cresci
Sam Crimmins
Garrett Cropsey

Leigh Dale
Sean Daly
Elizabeth Davidow
Brendan Dean
David Deluca
Francis Donahue

Caitlin Donnelly
Christine Donnelly
Sarah Dukeshire
Andrew Eaton
Joseph Elliott
Rebecca Ernst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Owen Fenton
Colin Fitzgerald
Kevin Flanders
Samuel Fortsch
Jacob Freeman

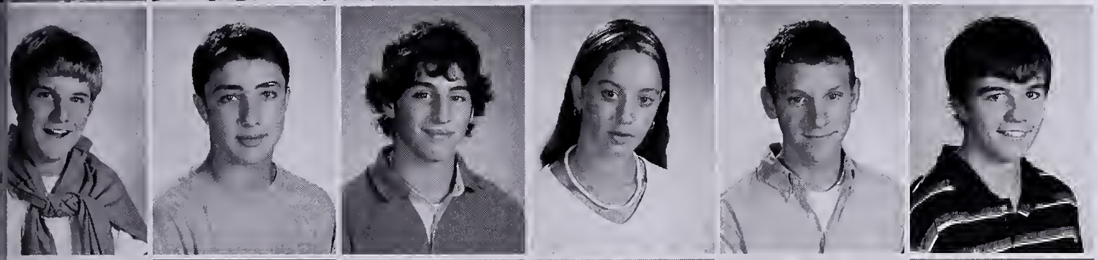
Danielle Friedrich
Jonathan Galuska
Caitlin Garreffi
Anthony Gentile
Igor Gerasimchuk
Andrew Grassetti

Andrew Green
Jennifer Greim
Brian Griggs
Michael Grimaldi
Meghan Griswold
Matthew Grodd

Carolyn Gross
Javier Guevara
Leonid Guyshan
Devin Haddad
Douglas Haddad
John Hanifin

Margaret Hannay
Kareem Hardaway-Pollard
Mallory Harris
Lauren Hauser
Carrie Hemmelgarn
Ashley Hess

Brian Hirschberg
Matthew Hiser
Charles Hopkins
Tracy Hosley
Muhammed Hussain
Scott Janes



Timothy Jangl
Gregory Karamian
Adam Karas
Ariel Karolinski
Timothy Keefe
Paul Kennedy

Karra Kiely
Carly Koerner
Yelena Kondel
Johannah Kos
Matthew Kusiak
Marc Labb

Fooling around after school, Vilenti and Vianchi Tulloch teach Neil, the school's night janitor some cool moves.

Good friends Erin Reiter, Lindsay Salvati, Sarah MacDonald, Meghan Sikand, Carrie Hemmelgarn, and Megan Griswald enjoy their long awaited lunch break.

m Jangl practices a beat on the drums.

During her English class, Kristen Bautz searches for last night's homework.

Roman Romanenko day dreams to help pass the time during another long block.

After a long, hard day of work Rebecca Ernst is ready to go home for a break.
Sporting a very chic top hat, Dan Skehan shows off his trend-setting fashion.
Natasha Conti enjoys her free time at the end of class while Andrew Eaton continues to ponder the class's lesson.

David Laflamme
Adam Lafrance
Jacqueline Lakritz
Danielle Laliberte
Brittany Lantzakis
Jared Laptas

Tamira Lasky
Andrew Leduc
Kellum Ledwith
Alexandra Leichthammer
Joseph Lepper
Andrew Lewis

Gregory Lewis
Anna Licht
Ryan Liebel
Alexandra Litvinov
James Liu
Robert Login

Margaret Lonergan
Stephanie Lussier
Mary Kate Lynch
Andrew Macdonald
Sarah Macdonald
Cassandra Mansfield

Kylee Mante
Jennifer Manzi
Timothy Marinelli
Amanda Marsh
Bernard Marshall
Seana Mazzarino

John McCarthy
Kelsey McClure
Caitlin McDonough
Ryan Mckee
Gregory McQuade
Hannah Micley

Connor Miehm
Brendan Morton
Roxanne Mulvihill
Hari Mylvaganam
Ruben Mylvaganam
Ryan Nelson

Lyndsey Neville
Emma Newcombe
Ian Nicoll
Christina Nilsson
Matthew Ogden
Gregory Omartian

Heather O'Connell
Meghan O'Donnell
Kellen O'Gara
Lindsay Palazzi
Madalyn Palmer
Stephen Panto

Sarah Papale
Scott Pascal
Dana Peck
Geoffrey Peck
Dylan Petitt
Joseph Piccuirro

William Plaut
Robert Pohli
Benjamin Porway
Bryan Premont
Rachel Rancourt
Vanessa Rea

Madeleine Reavey
Brett Reiter
Erin Reiter
John Reusch
Anthony Riley
Meghan Riley

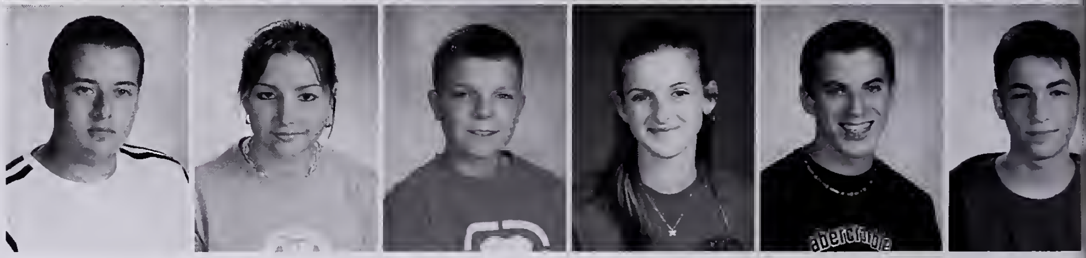
Angelina Rinaldi
Andre Robitaille
Roman Romanenko
Justine Rosazza
David Rosenthal
Sisi Ruan

Marina Ruge
John Ryan
Lindsay Salvati
Dylan Scanlon
Benjamin Schill
Matthew Schroyer

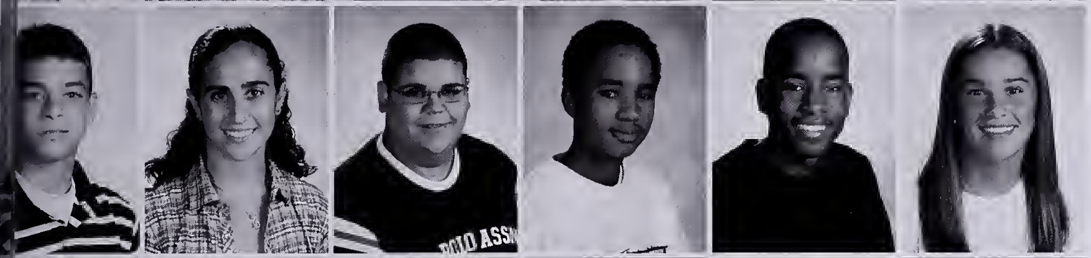
Sean Seaton
Steven Selden
Ryan Shapiro
Ashley Shaw
Michael Shea
John Shicko

Brian Shotland
Megan Sikand
Christine Simmons
Valerie Skalinsky
Daniel Skehan
Nicholas Soar

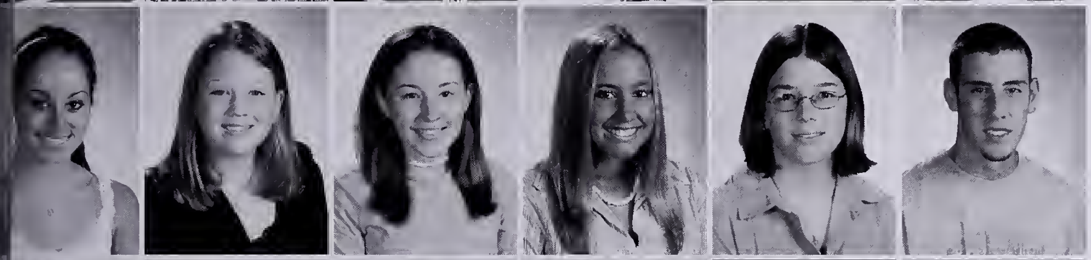
Michelle Squires
Sarah Squires
David St George
Zachary Stambovsky
Alexander Stankiewicz
Jameson Stark


Michael Stein
Margarita Sukonik
James Sullivan
Kristyn Sullivan
Zachary Sweeney
Lee Taylor

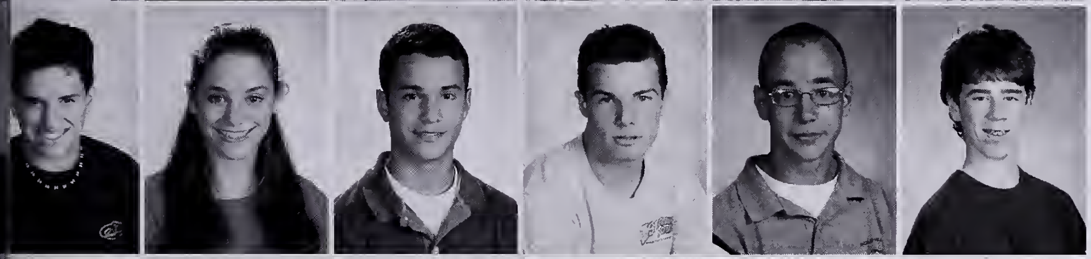
Marissa Teed
Luke Thomas
Liya Tochilnikova
Jessica Topitzer
David Tower
Christoher Tredeau



Mark Tremble
Rayna Trietsch
Raffaele Truoiolo
Vianchi Tulloch
Vilenti Tulloch
Erin Tuohey



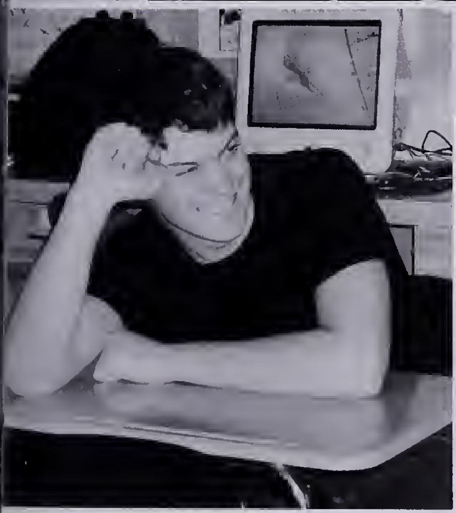
Jennifer Turcotte
Sara Turrini
Abigail Twohig
Kaitlin Vincent
Stephanie Warga
Jesse Weiss



Matthew Weiss
Rachel Weiss
Paul Weisser
Michael Wenc
Michael Wenning
Zachary Williams

Kylee Yam
Todd Young
Elana Zygman

After finishing up their lunches, Brian Shotland, Matt Kusiak, Adam Karas, Sam Fortsch, Paul Weiser, Tom Cresci, Alex Bistran and Geoffrey Peck , leave their table to hang out in the halls for a bit



During a hectic day, Alex Hatzis throughly enjoys a well deserved break.

Gathered in the hall, friends Jacqui Lakritz, Caroline Keady, Katherine Aye, Emily Bourdeau, and Kelsey McClure, have a lunchtime chat.

FRESHMEN: MAKING A FIRST IMPRESSION

John Hayes plots a clever joke against his friends.

On her way to class Rebecca Engell finds a mome check the weather.

FIVE-DAY FORECAST
MON TUE WED THU FRI

With his big grin, Jon Lattell brings excitement to an otherwise boring day.

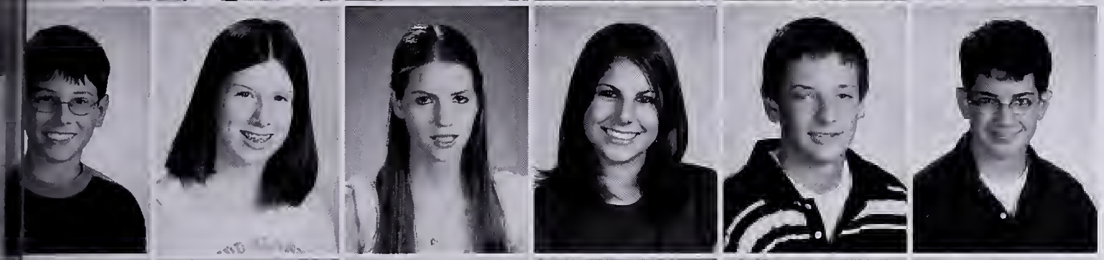
Kasia Vincunas enjoys the company of her friends during her lunch break.

Catching up on the lateset gossip, friends Melanie Dionisi, Meghan O'Leary, and Annie Neil finish up their lunch

Elizabeth Ahrens
Erica Albert
Megan Alfredson
Bryanna Alger
Steven Al-Husseini
Barry Almeida

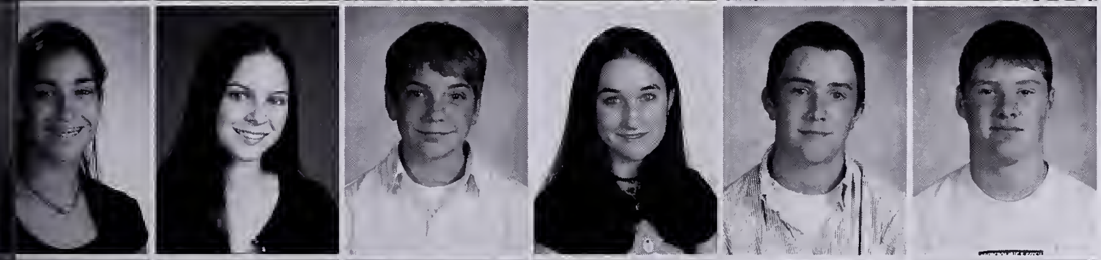
Brendan Anderson
Haley Anderson
Jacquelyn Andrews
Katie Arrowsmith
David Art
Joshua Auerbach

Marisa Ayotte
Kathryn Bagley
Joseph Baker
Jessica Ballis
Ginel Bascombe
Katherine Basile



Thomas Bearce
Autumn Beaulac
Stephanie Begg
Erika Belezarian
Patrick Bellenoit
Matthew Berg

Whitney Birtwell
Margot Bitzer
John Blain
Meghan Blakeman
Vincent Branchini
Sean Brenker



Lauren Broderick
Shannon Brown
Andrew Burke
Natalie Buscemi
Eamonn Byrne
Neil Carroll

Jeemin Chang
Melody Chou
N Richard Churchill
Michael Clark
Christopher Clough-Segall
Anna Cohn

Edward Comini
Elisabeth Compton
Kevin Conley
Jared Coughlin
Deborah Covey
Kara Croteau

Alexander Dalsey
Kiara Daniels
Tyler Dawson
Nicholas Deluca
Nino Demarco
Robert Diamond

Sarah Dickstein
Melanie Dionisi
Meagan Dobson
Bridget Doherty
Christopher Donahue
Zachary Dragone

Nora Drapalski
Natalie Drucker
Linna Duan
Lindsey Dybdahl
Brendan Egan
Jeffrey Emanuel

Rebecca Engell
Bridget Fallon
Vanessa Fede
Cesare Federico
James Filomeno
Nicholas Fioretti

Geoffrey Flemati
Meghan Foley
Kristine Fox
Margaux Frank
Benjamin Freedman
Stephen Fydenkevez

Nicholas Gang
Brandon Gauthier
Jonathan Gogel
Alyssa Grumoli
Alejandro Guardia
Luzed Guzman

Courtney Halista
Courtney Hall
Jessica Halpern
Stephanie Harr
Daniel Haryasz
Andrew Hayes

John Hayes
Molly Heffernan
Matthew Hibert
William Higgins
Caroline Hobert

Caitlin Humphrey
Thomas Hurley
Nicolino Iavicoli
Jerome James
Kristin Joyce
Scott Judson

Nicholas Kadushin
Alexander Kapinos
Daniella Kaye
Cameron Keady
Tyler Keane
Anne Kearing

Ryan Keefe
Hillary Kellett
Samantha Kelly
Kristina Kiely
Da-Hae Kim
Thomas King

BIG KAHUNA'S VOLLEYBALL

Alyssa Kipetz
Krista Koerner
Brittany Komack
Bryan Korman
Rachael Kusiak
Jennifer Labulis

Matthew Lachiusa
Lauren Lafountain
John Lake
Benjamin Lakritz
Erika Laptas
Jazlene Lasanta

With the day half over Lindsey Dybdahl thinks longingly about the end of school.

OXFORD UNIVERSITY

Brendan Anderson, Brendan Egan, Jon Gogel, and Sam Nadeau goof around before it's time to go back to class.

Louis Lasko
Jonathan Lattell
James Laurenzano
Tyler Lawrence
Shayniqua Lawson
Bryant Le

Andrew Lee
Elisabeth Lee
Megan Lee
Thea Libbos
Abbey Licht
Matthew Losee

Brett Madnick
Julia Manna
Alexandra Mansfield
Christina Manzi
Christine Manzi
Jillian Manzi

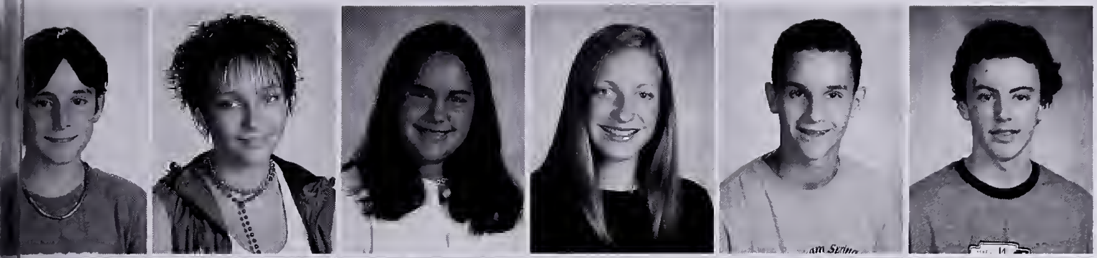
Matthew Marotta
Jessica Mason
James McGoldrick
Ryan McKenna
Christopher McMahon
Victor Melikian

Nick Deluca and Scott Judson share lunch break with friends.

At the end of a long day, Brittany Piccuirro , Jamie Sullivan and Kara Croteauwait by the gym for their ride home.

Tom Bearse makes the most of his favorite time of day--lunch.

Double checking their homework from the night before, Alex Santaniello and Dennis Wells compare answers from their worksheet.



Alexander Mendes
Dana Mengwasser
Jacqueline Meth
Chelsea Miller
David G Miller
David H Miller

Rachel Millimet
Susan Mirkin
Isaiah Monroe
Jadira Mora
Jazmine Moss
Edward Mulhern

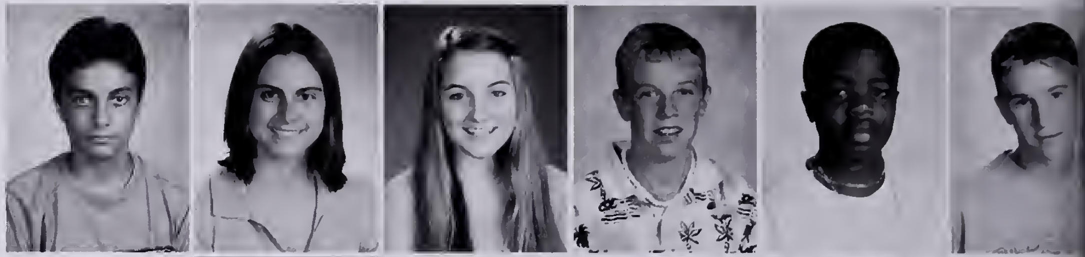
Mia Muratore
Brian Murphy
Shannon Murphy
Samuel Nadeau
Christina Nardi
Anne Neil

Kayla Nelson
Alexandra Novak
Eric-Paul Olsson
Andrea Ouellette
Bennett O'Brien
Jillian O'Keefe

Meaghan O'Leary
Patrick O'Leary
David Packard
Neal Patel
Alexis Payne
Carly Payne

Crystal Phaneuf
Brittany Piccuirro
Tanya Pirtel
Daniel Poisson
Sean Quinn
Emily Race

Regina Raschi
Charles Reilly
Tyler Reilly-Evans
Sally Roberge
Laura Robinson
Sara Rome


Daniel Rossi
Amanda Routier
Gabrielle Ryall
Adam Sampson
Andrew Samuels
Alexander Santaniello

Krista Santaniello
Tyler Saremi
Tara Sarno
Zachary Sears
Christopher Seaton
Colin Shebar

Brendan Sheehan
Benjamin Shnider
Dana Shypula
Lisa Simmons
Sophie Skelton
Zachary Skole

Daniel Smith
Rita Sokolson
Tamara Sokolson
Thomas Sotiropoulos
Charles Spallino
Thomas Speight Jr

Jack Steele
Jamie Sullivan
Katherine Sutherland
Richard Talbot
Max Taylor
Ya-Nais Thomas

Ya-Nerra Thomas
David Tinervia
Jonathan Tobiasz
Lianna Valdes
Mark Varteresian
Meaghan Veysey

Kasia Vincunas
Jennifer Vivenzio
Gina Warga
David Warnock
Dennis Wells
Stephanie Whitney

Michelle Wihbey
Anothony Willett
Nicholas Williamson
Carrie Wilson
Erin Wilson

Jessica Winer
Adi Wollstein
Patricia Wytrwal
Dora Yang
Monique Youmans

Gabrielle Ryall, Margot Bitzer, and Krista Koerner sit together at one of the freshman lunch tables. In between classes, Kiara Daniels gets a friendly lift from Brittany Peters.

Sitting close to the Deli line, Zach Skole savors the lunchtime aromas of the cafeteria.

While Jadira Mora tries to decide what to buy for lunch, Lizzie Lee, Bridget Doherty, and Anne Marie Keating laugh about the events of the day.

Everyone knows hanging out with friends in the hall is a great way to pass the time. Friends Matt Alexandru, Tim Krienest, Lauren Broderick and Rory Diamond make the most of some extra minutes after lunch.

Day by Day Impressions

GUM
Chewy
THE ROUGH DRAFT

Student Life

Making Our Way

Somebody Has To Be First
An early student makes his way down the serene halls of LHS in pursuit of a morning activity. Some early morning cramming? A makeup quiz?

School Awaits!
The empty halls of LHS, a sight unknown to most students, quietly await their victims. Who will be first this time?

Yawn...

Grrrrrrr...

Oh, the pangs of getting up early! Luckily,freshman Monique Youmans has her cd player to wake her up and hopefully, wipe away the grouchiness.

Nap time!

Senior Alex Shebar catches 40 winks in a morning ICE. "Thanks to the comfort provided by the new SLC, I can use all my ICEs to catch up on my sleep," says Alex.

Comfortable?

She may not have the comforts of the SLC, but at least she found a "cozy" tile or two to curl up on. Senior Mayya Finn says, "I'd sleep standing up if I could."

Squeaky Clean

Some people would rather sleep than clean their lockers. Senior Mary Beth Cadieux is obviously not one of the exceptions.

Through The Morning

HERE THEY COME!!!!

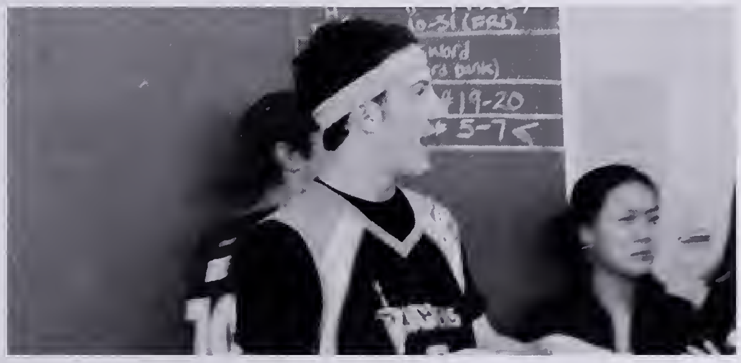
The infamous LHS car frenzy. Things to do: Find your space, watch out for students (they are not speedbumps), park (yes, in your own space), remember your essays, books, and bio projects, and bolt for the door.

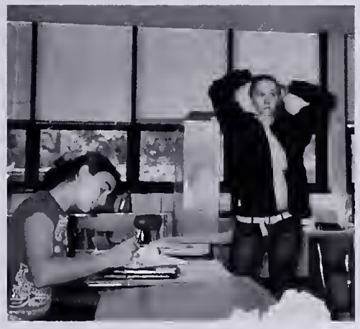
Why Are You Following Me?

The bell rings; the students flock into the halls; you know what time it is...it's passing time! Time to mope to our lockers and shuffle to our first class.

Hmmm, What's In Here?

Caitlin Dugre, senior, rummages through her backpack. What will she find? A folder? Another book? The long lost texts of Shakespeare? Or maybe her pencil.





Locker Time

Wait, are their lockers bigger than MINE? A common thought lingering among most students during passing time.

Breakfast Time

Time to EAT the donuts! Breakfast at home is always good, but, as senior Matt Higgins knows, a few goodies in school is even better.

Does It Look All Right?

...thinks Yelena Kondel as she searches for the perfect hairstyle of the day. Thank goodness we have morning classes to do these things.

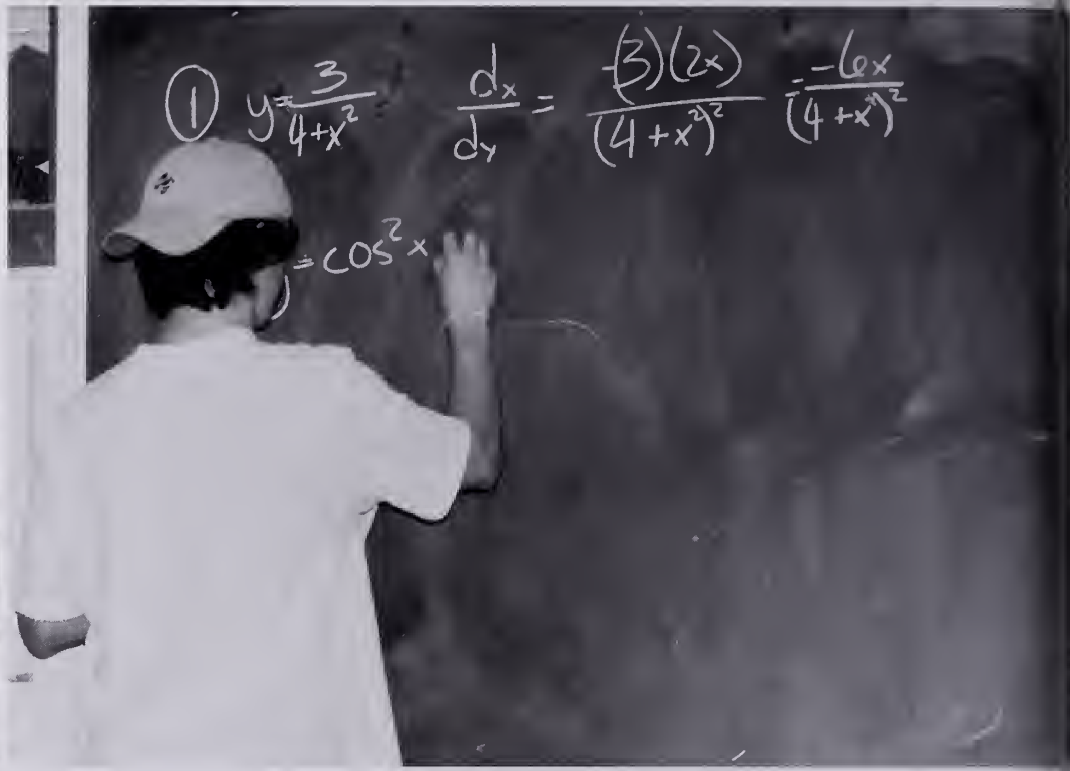
Making Our Way

Mastering Math

Isaac Newton would be spinning in his grave right now if he knew high school students dressed in jeans and t-shirts are mastering his genius creation, calculus.

Study Group

A rare occurence! A group of studiers gathering in their natural habitats. Shhhh! Don't make any sudden movements. We don't want to scare Andrew Wernick, Ted Pratt, and Ryan Coughlin off.

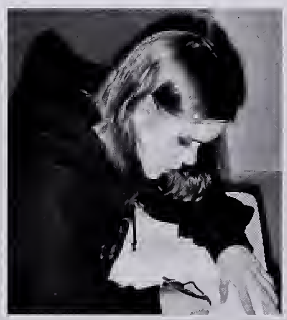


① $y = \frac{3}{4+x^2}$ $\frac{d_x}{d_y} = \frac{-(3)(2x)}{(4+x^2)^2} = \frac{-6x}{(4+x^2)^2}$

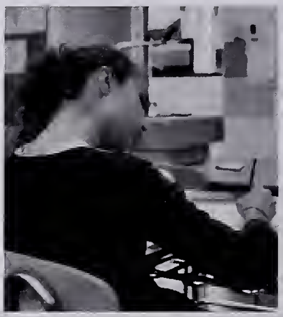
$= \cos^2 x$

The Studiers

Melissa Schroyer



Emily Lorenzano

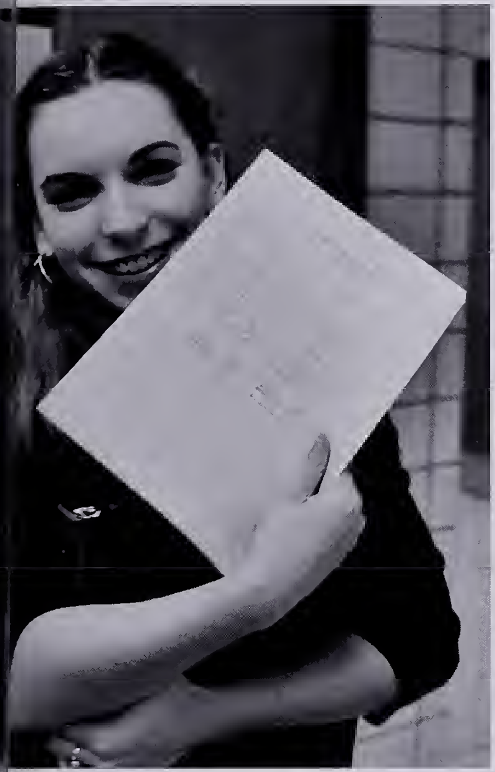


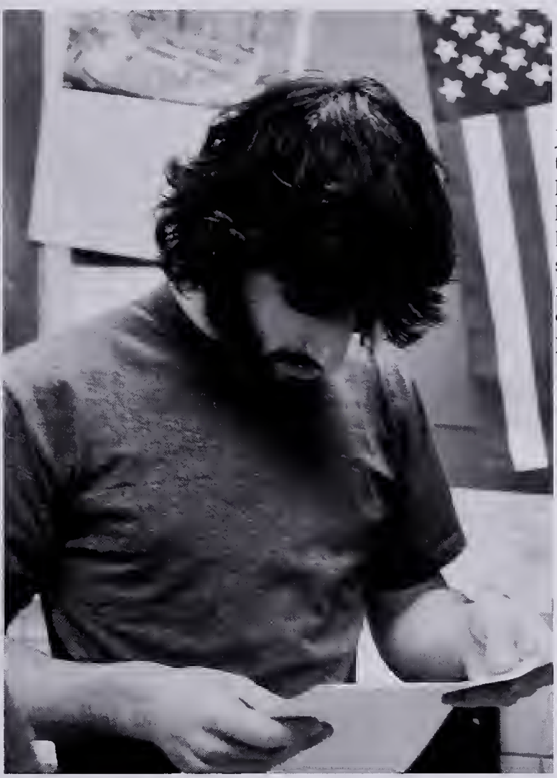
Magda Nowak

Huong Nguyen

Studying, studying, and more studying. When will it ever stop? Melissa Schroyer, Emily Lorenzano, Magda Nowak, and Huong Nguyen can't get enough of it...or so it looks. Obviously nobody LIKES studying but at least these girls put up a good facade. Whether it's math, science, French, or English, we can all learn something from their example. We all struggle to get all the work done, but in the end we'll always reach that party on Saturday night.

Through The Classes



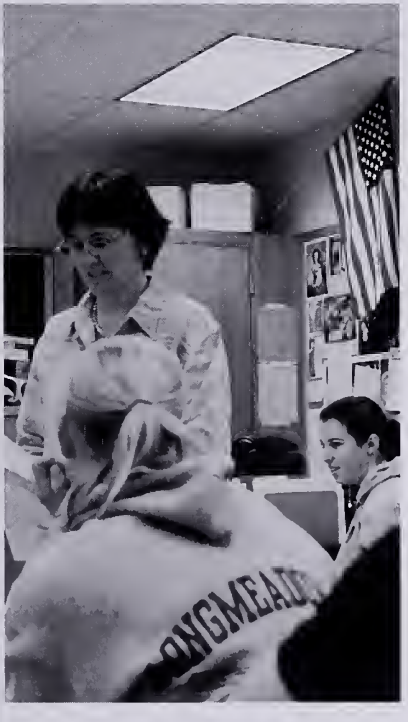


Report Card Time!

Jessica and Andrew Elin both receive their report cards in the same homeroom. Jessica seems altogether happy with her set of grades, unless like many others she is not afraid to show off a few bad grades. Let's hope for the best. For many others, report card day is foreboding and just plain, yucky.

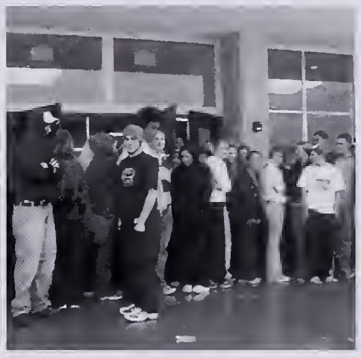
Something A Little More Serious

Wait a minute! Andrew Elin takes a few serious moments to glance over his hard-earned grades. Well, hey, if you are going to do the work, you might as well get the credit. Andrew's intense "fussy eater face" reflects his serious attitude towards his learning.



Ooh La La

"I believe the mustache adds flair to my overall apperance," says Andrew Ghahramani who can draw some of the most interesting caricatures anyone has ever seen. Andrew's fun personality shows in his creative ability with every type of art.



Ring, ring, ring...!

The bell rings. Is it the end of school? No, it's the timely fire alarm that gets you out of that boring class. Unfortunately, the freezing weather isn't much of a comfort from the warmth of learning.

The Horror! The Horror!

Ms. Pontacoloni's AP English class patiently awaits its graded papers. Ms. Pontacoloni's expression says everything about the quality of the essays this time.

Making Our Way

LUNCH TIME!!!
Whether you like lunch of the day like Melissa Shroyer, French fries like John Whang, or a few goodies from the snackbar, lunch is always great with friends.

Something a little different
Not everyone eats lunch in the cafeteria. Similar to sophomores Mike Adamski and Jace Labonte, some of us enjoy lazing around in the halls with friends and finishing up last minute homework.

Time To Eat

As long as it's appetizing

Not everyone eats school lunch. A small lunch out of a backpack from home obviously does not make lunch any less amusing.

What Will It Be?

The snackbar is always nice, especially for a few little after-lunch goodies. The only difficult thing about the snack bar is choosing what to get.

Through Lunch

me For A Break

ter lunch relaxing: Junior art students Elsie
hamberland and Erica Santa take a break from art
some lazing and talking. It's the perfect time to
ax and let loose all those pent up teenage prob-
ns on your friends. Sometimes it makes the day
itte easier to work through.

A Little After-Lunch Art

What are afternoon studies better for than doing a little doodling? Emily Lorenzano takes a quick break from some art work.

The After-Lunch Slow Down

Huh? After lunch is not always the most easy of times. It takes a while to get back into that work mode. Judy Neilson helps junior Emma Welch, one of her students, with a little film development.

Gotta Love the Class Clowns

A rather amusing stunt. Perhaps it just seemed like the right thing to do at the time.

Time To Play Dress-up?

Kenny Leavitt, Caitlin Joyce, Rory O'Brien, Matt Higgins, and John Glynn pose with their wide assortment of Halloween costumes for a picture.

A Little After-class Drawing

The few minutes after class in the afternoon are always fun. A little drawing and a few laughs are always great after one of those boring lectures. Wonder what Eloise Narrigan and Laura Marinelli are drawing?

Making Our Way

Yeah, Baby!
Senior Cameron Leroy struts his stuff in Coach Hawker's gym class. Some would say Cameron has the makings of a supermodel and many would agree. Just look at that talent!

The Girls' Locker Room
No Peeking! The open showers, the shared dressing area, the stale smell of gym shoes...there is nothing better! Just remember to bring your gym clothes or you get to enjoy sitting out.

Groovin' to the Music

Ha ha ha...

Rainey Leverett teaches some other dancers a few new moves. Maybe she'll make dancer of the day or become America's new idol. Shake it!

Huh?

Junior Josh Stewart and students in St. George's class desperately try to learn the dances. Sometimes it's a little difficult when the person in front of you is doing it wrong too.

Dancer of the Day

Jessica Grimes poses for her"Dancer of the Day" picture. There is nothing better than winning with that special move you practice in front of the mirror everyday.

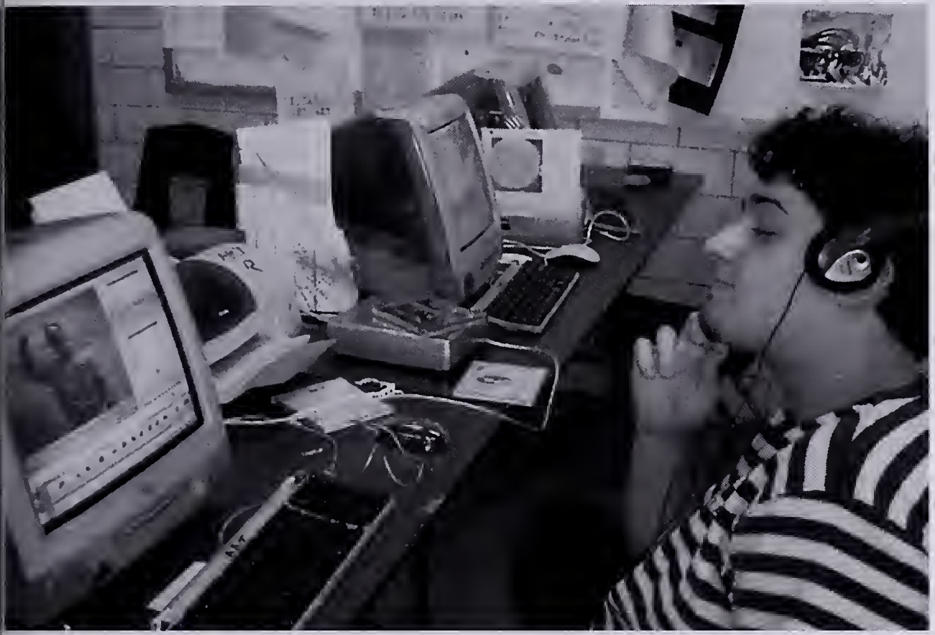
Zombie Bash!

Dancing is a favorite past-time for LHS but these students look bore out of their minds. After a grueling da of classes, students are still expected tc move their limbs.

Through The Fun Classes

A Masterpiece in Progress

Longmeadow's own Spielberg-to-be works diligently on his entertaining holiday video. After interviewing teachers and students about their upcoming vacations, Andrew Ghahramani creates a masterpiece of editing and filming.



You're a genius!

Sometimes art can make you think, but in this case it's just funny. Junior Ted Pratt and seniors Calvin LeCompt and Jon Edery enjoy a hilarious drawing, one of many in the richly stocked art room. LHS is known for its extensive art program that shows talent all around.

The Lost Photo Room

No one really knows where the photo room is. It's a small room lost in the jungle of the art rooms. It's a secret place known to few, so shhhhh!

Totally!

Some may argue that it's a bad idea to take pictures of people when they're talking because they turn out like this. Juniors Morag Gilad and Mallory Bardin can't help but gab about their weekends.

This is how you draw...

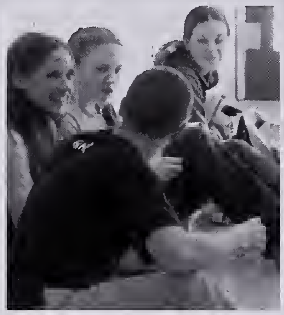
So many people miss out on Ms. Godin's great teaching style which encourages students to draw what they see, not what they think they see.

Making Our Way

The Abandonment
The abandonned art room after a long school day seems so serene compared to the random buzzing of students that occupied it only an hour ago.

Time To Go Yet?
Everyone gets a little anxious to go home at the end of last block, even the teachers. Mr. Ream gazes longingly out the window while Richard Cooke is all zipped up and ready to go.

Waiting...



C'mon, RING!

Everyone is very excited to get out of school. Seniors Erin Randall, Nora katz, and Kim Howard are no exception. You can almost hear the sound of the 2:15 bell.

Oh, Joy! Pure Joy!

Eloise Narrigan looks on to the sunny courtyard, wishing to skip among the trees and snow. Just a few more minutes, Eloise, just a few more.

When Will It End?

Senior Jillian Zeppa stares longingly out the window, wondering when it will finally be time to leave for the day.

FREEDOM!

Wheeeeeeeee! Jillian does a cartwheel of delight down the hall as she approaches the door.

Through The Night

Staying A Little Late

Zach Schiffman spends some extra time after school working diligently on, of all things, our yearbook

It's MINE! No...It's mine!!

A student and the night janitor, Neil, are fighting for that delicious, melted cheese pizza with three different toppings of your choice. Makes you hungry just looking at it!

What's Taking So Long?

Radhames Mora stands idly by the window, waiting for his ride. It's a shame he doesn't know his ride is waiting for him in the student parking lot instead of the horse shoe or he would have left eons ago.

After-School Concert

There's always something going on with music. Sean Boutin tunes up his guitar before a concert.

The Future

Senior Andres Moral gallantly looks out to the school. Soon will be the day he leaves LHS to go onto greater things like college-- or ice cream after school.

Making Football a Girls' Sport

Taking a break from an intense play are seniors Lauren Heaton, Kara Shypula, and Annie Durfee.

Annie Durfee stands on defense waiting for the play to come her way.

HYANNISPORT
MA

What was that, Mike McDonough and Joey Furnari? Yeah, coaches! We want to win! Go Monkeys!

Yeah, we got the plan! The Munchkins are going to rule this game!

Nora Katz runs towards the play, while Meghan Andrews covers her.

Laura Marinelli is positioned for the next offensive play.

Meghan Andrews runs with the football while her coach, Joey Furnari, follows.

The Monkeys and their coaches scramble to set up a play to gain ten yards and score a touch down.

Meghan Andrews hands the ball off to Molly Wagner so she can run for a touch down..... Go Molly! Go!

Kara Shypula and Lauren Gorenstein stand listening to their coach, Alex Lattel, give them defensive strategies.

Walking Down the Yellow Brick Roa

Senior Class Presents "The Wizard of Oz"

The cast and crew nervously wait before their last rehearsal anxious for their performance.

Professor Marvel, played by Ben Swasey, gets ready to tell the future with his crystal ball.

"If I only had some courage"

The Cowardly Lion, played by Sean Boutin, shakes in his fur when he sees the Wizard of Oz.

"If I only had a heart."

Carly Chase, as the Tin Man, laments about her lack of feelings as she travels to the Land of Oz

"If I only had a brain."

John Deluca has an incredible performance playing the Scare Crow.

"I welcome you to Munchkin Land."

As Mayor of the Munchkin City, Rob Amatruda welcomes Dorothy and Toto to Oz.

Dorothy, played by Amanda Brown, clutches her dog Toto as she tries to find her way back home to Kansas.

The Wicked Witch of the West, played by Eloise Narrigan, frightens the Munckins with her evil words.

Alex Lattel, playing Dorothys lovable pup Toto, has his debut as a canine.

Jessica Grimes, playing the Good Witch, informs Dorothy that her house has dropped on the Wicked Witch of the East.

Dorothy and the Scare Crow help the Tin Man walk for the first time.

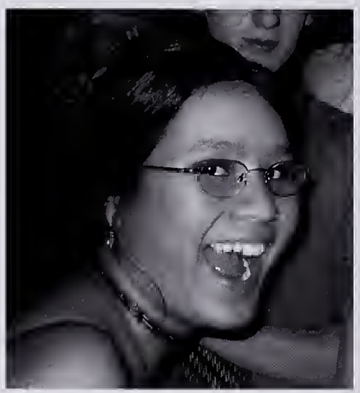
The Poppies wait in the wings for their cue to perform.

Dancing The Night Away

The Junior Senior Semi-Formal

Everyone gathers together at Allyson Moriarty's house for a pre-dance party.

Senior Huong Nguyen has a blast at the Junior Senior, dancing the night away.



"I like the way you move"

Shruti Kashikar makes an elegant entrance to the dance.

"Everybody clap your hands"

Linda Hwang, Colleen Perry and Melissa Shroyer are ready to go off to the dance floor.

"To the windows to the wall"

Ben Brown takes a moment to relax after all that hard dancing.

Posing for their parents, Dave Miller, Jake Berezin, Greg Tariff, Jake Odentz, Ian Waite, and Brian Shea wait for their dates to arrive.

Jen Bellenoit waits for all the dancing to begin.

Alethea Campbell and Hillary Allen excitedly await the night's events!

joying the evening's festivities, juniors Laura Jaquin and Angela Perrakis share ug and a smile.

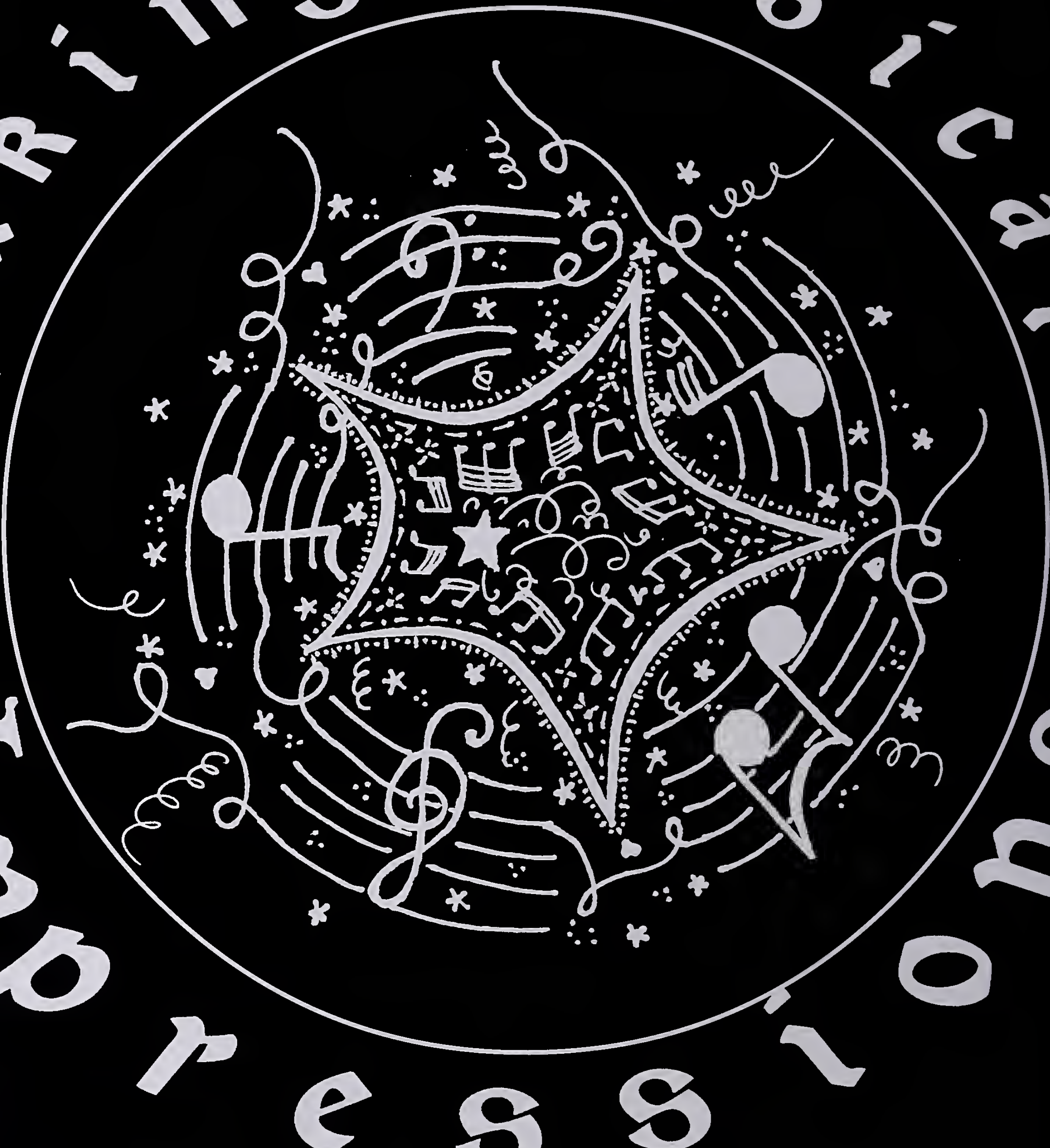
Jodi Weisser, Kara Shypula, Jocelyn Scudder, and Ashley Lewis smile for the obligatory pictures for their parents.

Showing off his cool dance moves, Senior Alex Shebar makes his way around the dance floor.

LOOMI
HIGHMEADOW

THE NORTH FACE
L
Lancers

Making Musical Impressions



fine Arts

Singing and Dreamin'

Women's Chorus traveled to Providence Place with La Cappella to perform "Ceremony of Carols" in December. They also traveled to Boston to see a production of *Hairspray.*

Ms. Werlin thanks the audience for applause after the performance.

A section of Women's Chorus performs "Ma Tovu" during the Fall Concert.

M. Alfredson, B. Alger, H. Anderson, K. Bagley, G. Bascombe, E. Belezarian, S. Brown, N. Buscemi, E. Compton, D. Covey, R. Engeli, V. Fede, M. Foley, M. Frank, C. Halista,C. Hobert, C. Humphrey, R. Kusiak, J. Lasanta, J. Manna, A. Mansfield, C. Manzi, R. Millimet, S. Mirkin, J. Moss, S. Murphy, A. Novak, T. Pirtel, S. Roberge, K. Santaniello, S. Skelton, K. Sutherland, Y. Thomas, L. Valdes, M. Veysey. S. Whitney, M. Wihbey, K. Werlin.

Alex Novak prepares before her solo.

Sophie Ske
Kate Bagley
Christina M
smile proud
ter "Landslic

Women's Chorus sings "California Dreamin" during the Pops Concert.

A group of chorus members perform "Isa Oluwa."

Sean McMahon accompanies Women's Chorus on the guitar.

Clowning Around

Men's Chorus will be performing at UConn in the Male Choral Festival in March and at the MICCA Festival in April. Mr. Thompsen said this was an outstanding year.

Jake Freeman agrees that the performances are the best part of being in Men's Chorus.

Kreinest and ieStark look on he soloist sings.

Michael McDonough, Drew Green and Lee Taylor warm up "Me and Julio" backstage.

Men's Chorus warms up backstage before their performance in the Fall Concert.

J. Abbott, A. Afolabi, R. Baker, J. Balaban, R. Bardin, K. Barkett, B. Baymon, M. Beaudry, T. Cangialosi, D. Chase, N. Cline,P. Colburn, L. Coleman, M. Collins, E. Cromwell, V. D'Angelo, T. Delis, J. Freeman, A. Green, D. Haddad, D. Haddad, D. Haryasz, A. Kapinos, M. lachuisa, D. LaFlamme, J. Lake, J. Laptas, J. Leavens, B. Marshall, A. Michael, D. G. Miller, D. H. Miller, J. Peck, T. Riley,T. Seremi, Z. Skole, D. Smith, J. Stark, L. Taylor, M. Varteresian, Z. Williams, T. Young, P. Thomsen.

Jeff Balaban sings "Rodeo Clowns" at the Pops Concert.

Men's Chorus accepts applause after their successful performance in the Fall Concert.

Men's chorus waits for their note from Mr. Thompsen.

Singing the Night Away

I Cantori is a select group of extraordinary musicians who are selected from Lyrics. They are dedicated and attend rehearsals after school and at night.

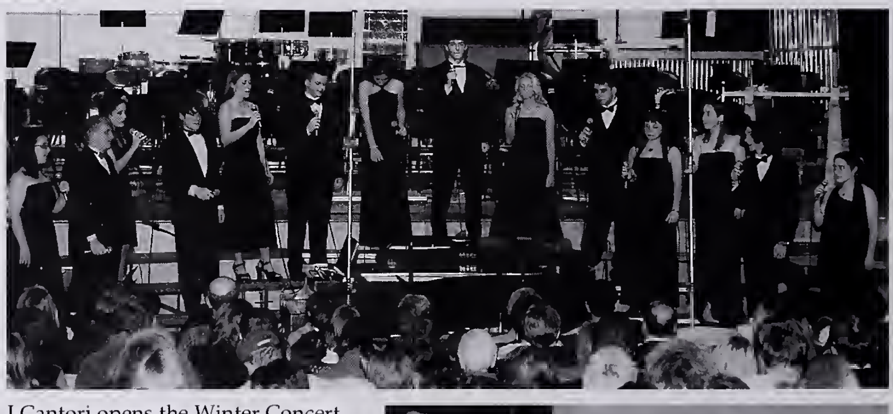
Rebecca Ernst prepares to sing her solo in the Pops Concert.

Phil Landry, Katie Manzi, and Isaac Hausman accept applause from the audience at the Winter Concert.

L. Berger, S. Boutin, C. Chase, T. Dawson, R. Ernst, J. Hannifan, I. Hausman, P. Landry, K. Manzi, S. McMahon, M. Palmer, M. Riley, L. Sheiper, A. Smith,P. Thomsen.

Alex Smith stays focused before the group's performance in the Pops Concert.

Senior Carly C
and sophon
Rebecca Ernst
to begin "Salv
Mundi."



I Cantori opens the Winter Concert.

The group is given their starting notes, while Carly Chase, Rebecca Ernst, Sean McMahon, and Elizabeth Berger look on.

Meghan Riley looks ready to begin a jazzy arrangment of "Blackbird" at the Winter Concert.

Wading in the Music

Lyrics is an audition group that is filled with many strong musicians. They participated in the MICCA festival in the spring after a successful Winter Concert and Pops Concert.

Conductor Peter Thomsen conducts Lyrics at the Winter Concert.

H. Allan, L. Berger, D. Bessette, J. Bienkowski,S. Boutin, B. Brown, C. Chase, E. Croll, T. Dawson, S. Dukeshire,R. Ernst, J. Fahy, A. Gentile, J. Hannifan, I. Hausman, R. Hill, C. Hopkins, P. Landry, A. Litvinov, J. Manzi, K. Manzi, S. McMahon,A. Mehle, S. Micley, S. Murphy, R. O'Brien, S. Packin, L. Palazzi, M. Palmer, M. Porter, M. Riley, D. Rosenthal, L. Scheiper, B. Shea, M. Shea,B. Shotland, A. Smith, M. Sullivan, D. Tinervia, L. Urbschat, E. White,K. Wilson, Mr. Thomsen.

Mike Shea and Russell Hill smile at the audience before beginning their performance.

Sophomore Rebecca Ernst sings "Wade in the Water" at the Winter Concert.

Fahy warms up
crowd before
solo at the Pops
ncert, while
an Shea looks

Senior Brian Shea and sophomore Lindsay Palazzi watch Mr. Thomsen for their cue.

Lyrics captivates the audience with their performance of "Bogoroditse Devo."

Matt Sullivan and Ben Brown graciously accept the audience's applause.

Our True Colors Shining Through

La Cappella had an eventful year including many opportunities to travel. They performe at Providence Place with Women's Chorus in December and traveled to Montreal to per- form at McGill and attend workshops. They also attended a Choral Festival at UConn.

Ms. Werlin conducts a group of LaCappella girls in "True Colors."

L. Anthony, E. Auerbach, C. Bagley, J. Bellenoit, C. Berube,A. Brown, T. Brown, M. Carvalho, J. Cash, L. Chechette, S. Cohn, N. Conti, L. Cotton, A. Coutu, M. Croteau, E. Davidow, C. Donnelly, C. Drennan, E. Emanuel, K. Gandelli, C. Garreffi, L. Gerlach, S. Gibby, S. Gilman, S. Goddard, J. Greim. J. Grimes, M. Griswold, C. Gross, L. Guzman, K. Hall, E. Harris, K. Healy, K. Howard, L. Hwang, H. Ingalls, A. Karolinski, J. Kim, B. Lantzakis, B. LaFountain, A. Leichthammer, R. Leverett, A. Lewis, S. Longo, A. Low, S. Marble, L. Marinelli, W. McCormack, H. Micley, S. Micley, K. Moore, S. Murphy, K. O'Gara, P. O'Malley, M. Petroff, E. Randall, V. Rea, E. Reiter, J. Rosazza, J. Ross, A. Schmitt, J. Scudder, A. Shaw, K. Shypula, T. Steele, M. Stern, D, Suber, H. Sunter, A. Twohig, K. Vincent, S. Vivenzio, R. Weiss, M. Wilson, C. Zwirko, E. Zygman, K. Werlin.

Megan Croteau and Allie Lowe rest between songs.

Sophomore Ashley Brown laughs after LaCappella's performance of "Independent Women" arranged by Ms. Werlin.

Juniors M
Petroff, Car
Bagley, and K
Healy sing cle

LaCappella smiles together after a job well done in the Fall Concert.

Julie Kim, Lana Cotton, and Silvanna Vivenzio prepare to sing "Somebody to Love" with Superchorus.

Section leader Rainey Leverett and Jessica Grimes sing beautifully.

Playing with our Brave Hearts

With growing numbers, Concert Band barely fits on the stage. Each addition helps add to the band's performance. They continue to improve daily and have fun at every rehearsal.

Jessica Grimes warms up her saxophone before the concert.

tion leader
ndy Jason and
dsay Palazzi fo-
on "Braveheart"
ing the Pops
cert.

Margaux Frank, Keerthi Shetty, and section leader Katelyn Bergeron relax between pieces.

The second flutes enjoy playing "Caprice" at the Fall Concert.

Flute-M. Jason, L. Palazzi, J. Manna, L. Valdes, A. Levy, D. Meth, S. Papale, J. Chang, A. Brown, S. Goddard, S. Ruan, E. Wilson, T. Hosley, K. Vincunas, J. Topitzer, J. Cash, J. Kos; Oboe- K. Bergeron, K. Shetty, M. Frank; Clarinet- A. Low, C. Keady, N. Katz, A. Moriarty, R. Ernst, E. Erhlich, E. Krill, S. Packin, I. Calderon, K. Gilbert, K. Croteau, N. Varteresian, A. Fitzpatrick, J. Koss, C. Gross, E. Chipkin, M. Lee; Bass Clarinet- Kent Graham; Alto Saxophone- P.Kadushin, G. Cropsey, J. Grimes, J. Ballis, K. Martin, D. Peck, R. Amatruda, D. Gogel, P. Doyle, E. Souliere, R. Mylvaganam, D. Haddad, A. Petterson, C. Breen, B. Freedman, C. Wilson, C. Vincent; Tenor Saxophone- Y. Shemesh, H. Dobson, C. Capurso, T. Marinelli, A. Stankiewicz, M. Diruzza, A. Robitaille, J. Coady, M. Dimauro; Baritone Saxophone- N. Gang, S. Dukeshire; French Horn- J. Parzivand, S. Micley, E. Berger, D. Rossi; Euphonium- W. Maier; Trumpet- G. Appleman, M.Hibert, M. Dobson, D. Tower, J. Coughlin, E. Tredeau, B. Sheehan, J. Wu, J. Auerbach, J. Berrouard, J. Glynn, M. Kusiak, S. Nam, J. Filomeno; Trombone- B. Johnston, D. Tinervia, R. Diamond, G. Marsh, S. Brenker, S. Begg, A. Bistran; Tuba- P. O'Connor, N. Paar; Percussion- M. Alexandru, D. Art, M. Bertuzzi, A. Cramer, R. Harrison, J. James, T. Jangl, E. Jefferson, D. Laflamme, H. Mylvaganam, S. Pascal, Z. Schiffman, M. Sekor, Z. Sweeney, D. VanSchouwen

Section leader Peter Kadushin concentrates before the Pops Concert.

Concert Band prepares to play "Down a Country Lane."

Adam Levy and Danielle Meth acknowledge applause after a great performance.

Playing Africa

Wind Ensemble is a select group of dedicated musicians that continues to improve with every rehearsal. Their hard work helped to create successful Winter and Pops Concerts.

Jillian Aberdale counts her rests during "Elegy for a Young American."

The Pops Concert performance of "Cartoon" left smiles on the faces of section leader Anna Chin, Jillan Aberdale, and Meghan Wilson.

Flute - A. Chin, J. Aberdale, M. Wilson, S. Baquis, L. Duan, A. Smith; Piccolo - C. Lee; Oboe - E. Berger, L. Caughlin; Clarinet - C. Kranz, E. Newcombe, R. Ciceretti, E. Barney, C. Nilsson, E. Thau, C. Payne, E. Ehrlich; Bass Clarinet - B. Klein; Bassoon - K. Graham, K. Shetty; Alto Saxophone - J. Gallucci, M. Berg, R. Compton, G. Tariff; Tenor Saxophone - R. Gauthier, S. Gould; Baritone Saxaphone - J. Ballis; French Horn - J. Hoff, S. Micley, L. Urbschat, J. Therrien, J. Parzivand; Timpani - M. Sekor; Euphonium - P. Landry; Trumpet - R. Coughlin, B. Shnider, A. Jackowitz, J. Togneri, E. Lee, A. Mendes; Trombone - M. Sullivan, M. Nowak, A. Lee, A. Kearing; Bass Trombone - D. Sampson; Tuba - M. Koenigs, B. Reiter; Percussion - M. Bertuzzi, A. Fioretti, E. Linson, J. Whang, E. White

Wind Ensemble takes a bow at the Winter Concert.

Section leaders Jen Hoff and Sarah Micley, and junior Adam Jackowitz wait for the conductor to begin the next piece.

Bass trombonist Daniel Sampson focuses on his music before the concert begins.

Emily Ehrlich
Carly Payne
"Liturgical M
for Band" at
Winter Conce

Julia Ballis reads her music as she plays "Africa: Ceremony, Song, and Ritual."

Playing New York

The Symphony Orchestra has had a year filled with excitement. After a successful Winter Concert, including a wonderful piano concerto by Julie Kim, the orchestra went on to play at the National Orchestra Festival at Carnegie Hall. They traveled to New York for the Friday night performance in April.

Freshman Melody Chou smiles before beginning Beethoven's "Egmont Overture."

ction leader chel Kim and Hoff smile at audience.

Matthew Hibert and Elizabeth Croll look ready to perform.

Julie Kim's piano concerto was the highlight of the Winter Concert.

First Violin - N. Sobel, C. Perry, D. Yang, C. Leroy, M. Chou, A. Slasinski, M. Hibert, E. Croll; Second Violin - J. Kim, J. Kung, L. Neville, J. Meth, A. Kim, C. Miehm, S. Chipkin, C. Sullivan, E. Auerbach, A. Mansfield, S. Crimmins, T. Bearce, N. Covalli, J. Liu; Viola - J. Bienkowski, A. Janes, K. Manzi, T. Koenigs, L. Dale, C. Tredeau, E. Weiss, C. Manzi, K. Sullivan, A. Anderson, L. Broderick; Cello - R. Kim, J. Hanifin, R. Ciceretti, J. Hoff, Z. Sears, M. Kim, M. McKay, M. Koenigs, A. Burton, R. Rancourt, M. Bertuzzi, L. Hauser, D. Poisson; Bass - D. Miller, E. Roberts, J. Manzi, C. Clough - Segall

Leigh Dale warms up her fingers before the Winter Concert.

The Symphony Orchestra plays for a supportive audience.

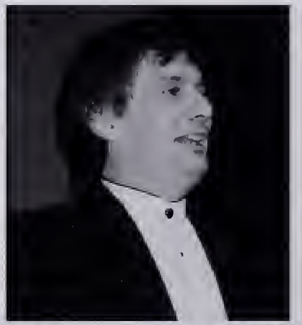
Concert Mistress Nicole Sobel gives the tuning note to the orchestra.

Boogie Stop Shuffle

Jazz Band is a small group of dedicated musicians that meets Monday nights. These talented musicians enjoy getting together to study this alternate style of music.

Alto Saxophone- M. Berg, J. Ballis; Tenor Saxophone- R. Gauthier, C. Capurso; Baritone Saxophone- N. Gang; Guiar- D. Ratner; Trombone- M. Sullivan, M. Nowak, D. Tenervia, D. Sampson; Bass- D. H. Miller; Drums- I. Hausman; Trumpet- R. Coughlin; A. Jackowitz, B. Shnider, J. Coughlin, L. Urbschat; Piano- D. Rosenthal; Percussion- E. White

Mr. Mucci greets the audience after a Jazz band performance at the Pops Concert.



Isaac Hausman keeps the beat during "9 1/2 Months."

Julia Ballis smiles to the crowd after her performance.

Doug Ratner c
centrates on "
ment" during
concert.

The Jazz band swings during "Boogie Stop Shuffle."

Nick Gang prepares for his entrance at the concert.

Dave Miller focuses on his music as the band swings.

Playing That Funky Music

Pep Band is made up of over 150 students from Wind Ensemble and Concert Band.

The tradition continues, as Mr. Mucci conducts Pep Band at the Thanksgiving Day game against East Longmeadow.

Conductors, Mandy Jason, Evan Souliere, and Matthew Bertuzzi, lead Pep Band during the Friday night football games.

Nicole Varteresian, Anna Chin and all of Pep Band shout, "WE'RE WINNING!"

ior John
ang shows
a White the art
playing "pot
" It's all about
pots and pans!

It must be half-time.

Pep Band riles up the crowd at the Thanksgiving Day game.

Dan Sampson, Matthew Sullivan, and Phil Landry play "Vader" at one of the football games.

Impressed By The Very Best

LANCER
01
SPORT

LONGMEADOW

Sports

Winning the Superbowl . . . Again!

"Football is the ultimate team sport. In order to achieve success on the football field, each man must rely on his teammates to do their job. This year, our football team was very succesful, not just becasue we had a wide range of talent and good coaching, but mainly because we came together like brothers. Winning the D1 Superbowl over Fitchburg, and completing a perfect 12-0 season had been our goal since middle school, and finally hoisting that trophey in victory was a thrill that simply cannot be described in words. Thanks to EVERYONE who contributed. I will never forget this team." ~ Senior Captain, Mike McDonough #11.

Senior Marques Jenkins celebrates after scoring a touchdown.

Senior Joey Furnari sprints towards the end zone.

Senior Mike McDonough looks upon the American flag as "The Star Spangled Banner" is sung.

PORTA PHONE

Coach Rotsko decides which play to call next during the intense Thanksgiving Day game against East Longmeadow.

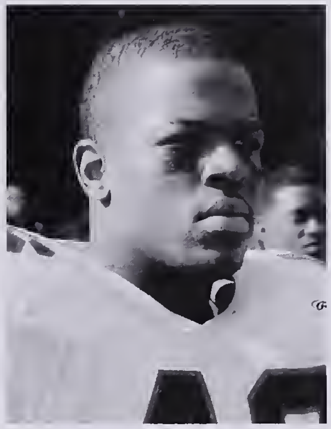
Junior Mac Sullivan winds up for a monster of a punt against East Longmeadow.

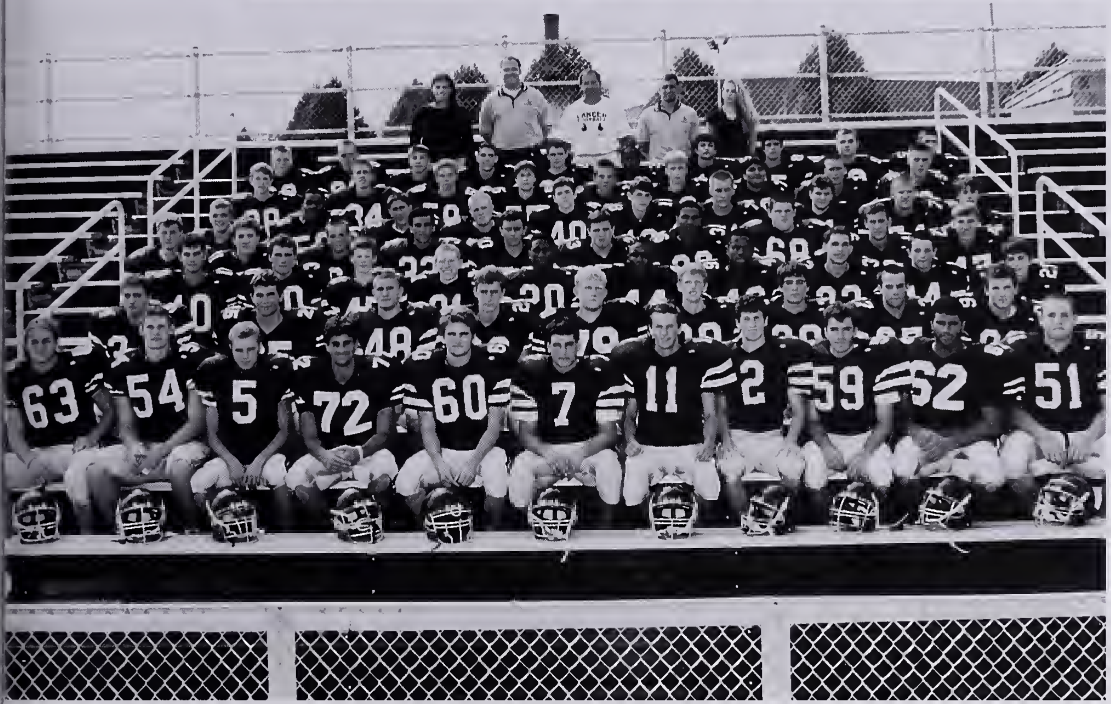
Matt Higgins prepares to break away after an amazing catch.

Senior captain Joey Furnari prepares to throw the ball downfield.

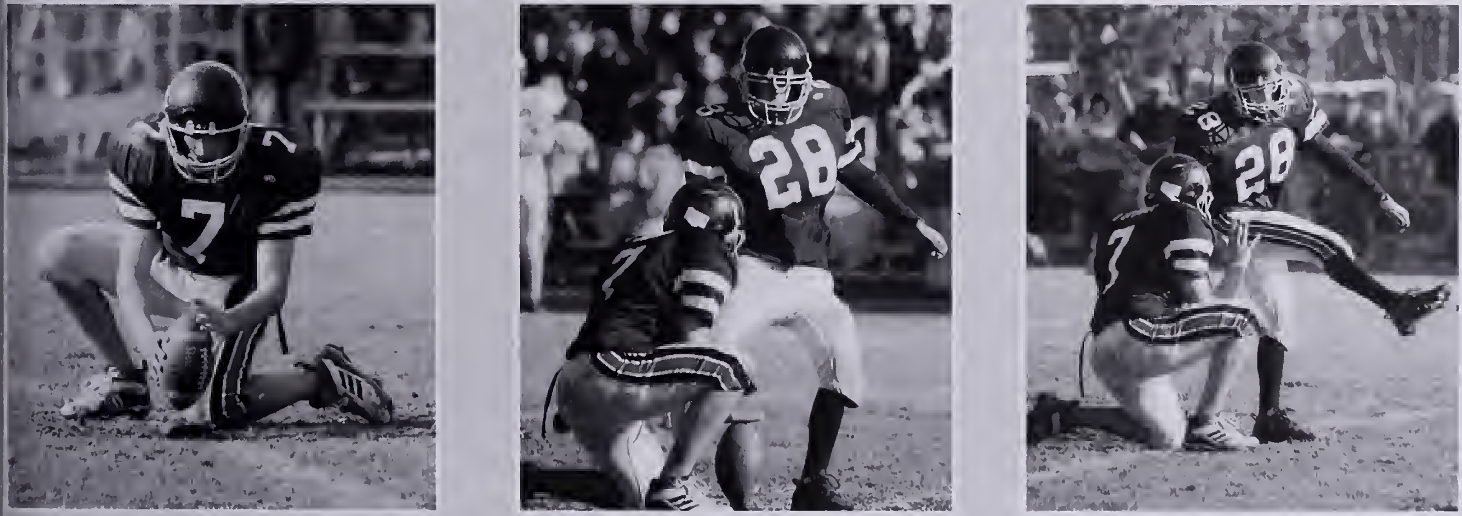
The 2003 undefeated Longmeadow Lancers Football team

Senior Aaron Wilkins intently watches the play.





Senior Richard Cook kneels in deep concentration before a game.



Holder Joey Furnari handles the snap as Tom Donnelley splits the uprights to cap off a scoring drive.

The cheerleading team cheers on our undefeated Lancers.

Senior Deziel Bessette holds up Freshman Stephanie Harr, in full extension!

Junior Brooke Faber and Senior Chelsea Reilly show their pep during a game on a cold day.

The Cheerleading team encourages the crowd with an amazing cheer.

Senior Deziel Bessette prepares for a difficult back hand-spring.

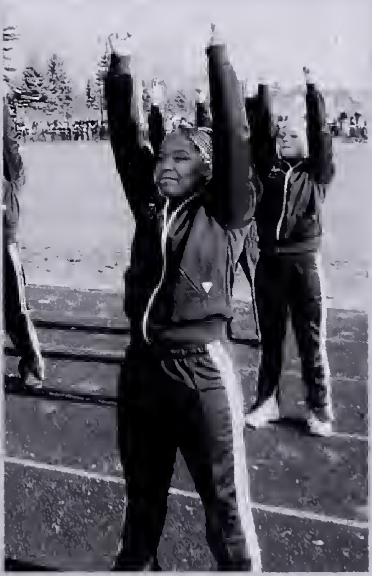
Cheerleader Stef Harr watches the game intently as she waits to begin the next cheer.

Cheering the Team on!

"With our football team winning, we cheerleaders couldn't help but to be there cheering them on all the way up to their Super Bowl championship. We're looking forward to the upcoming basketball season. We will be competing against many other elite squads. Although we have a young new squad, as a captain I'm proud to help represent them!"
~ Tracey M. Brown

Varsity alternates, Vanessa Fede and Andrea Ouellette show their spirit!

Lindsay Palazzi, Deziel Bessette, and Tracey Brown show their love for the art of cheerleading.



Junior Varsity cheerleaders Jackie Andrews, Sophie Skelton and Meghan O'Donnell get ready for the first big game.

Tracey Brown leads the squad in the perfect cheer.

Longmeadow High School goes up against Westfield. Runners Joe Deluca and Nick Gang outpace the pack.

STFIEL
LONGMEADOW
WESTFIEL
WESTFIEL
LONGMEADOW
WESTFIEL

Freshman Andrew Lee sprints as he closes in on the finish line.

LONGMEADOW
WESTFI
64

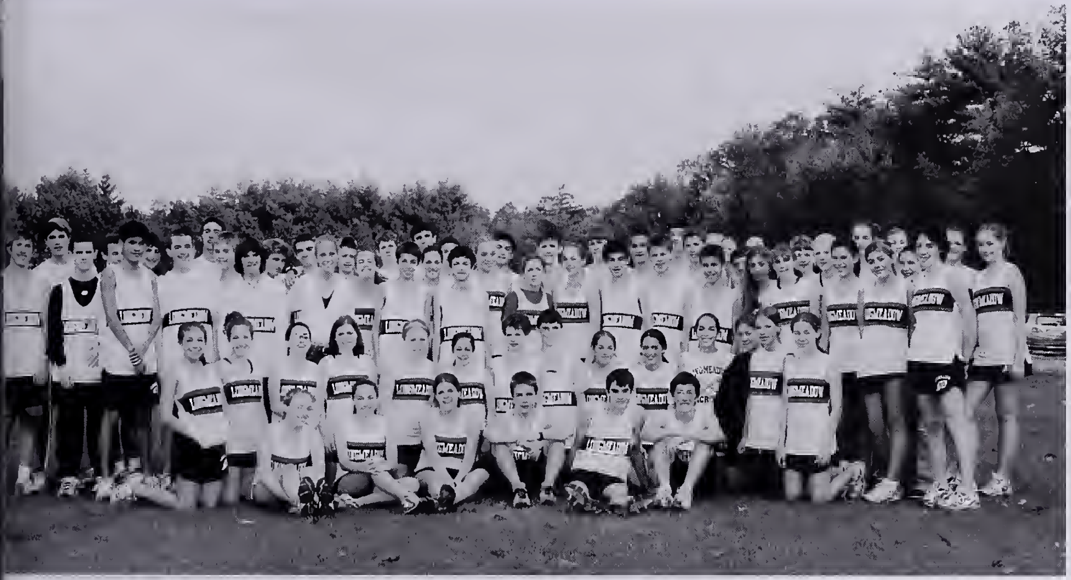
Senior Dan Webber runs with style, sporting his shades.

"This year our cross country team was amazing. Every player was an important asset to our success. The freshmen really came through for us and will be a great addition for years to come. The senior captains led the team to several victories and carried us all the way to States. Emily Bourdeau and Eddie Mulhearn are two sophomores that will continue to lead the team to a victory at States."

Senior, Nick Magliato

Finishing the Race!

Coach Campbell goes over some notes before getting the team ready for the big day.



Longmeadow High School 2003 Cross Country Team.

Freshman Edward Mulhearn gives 100% as a Westfield runner closes in.

LONGMEADOW
LONGMEADOW

Senior Annie Durfee and sophomore Emily Boudreau lead the race.

Scoring A Goal!

"This year's season was an up and down one, but ended on a good note. The team ended the season with consecutive wins, including a 3-2 victory against soccer power house Cathedral. The team, coached by Brent Dillard, worked hard all year improving their individual skills as well as having a good time. Captains Mike Kirstein, Bobby Sullivan, Jeff Hambro, Luke Consolini, and Eric Roberts felt the season was an overall success. The team's six seniors feel that they are leaving the program in good shape, and wish next year's team the best luck."

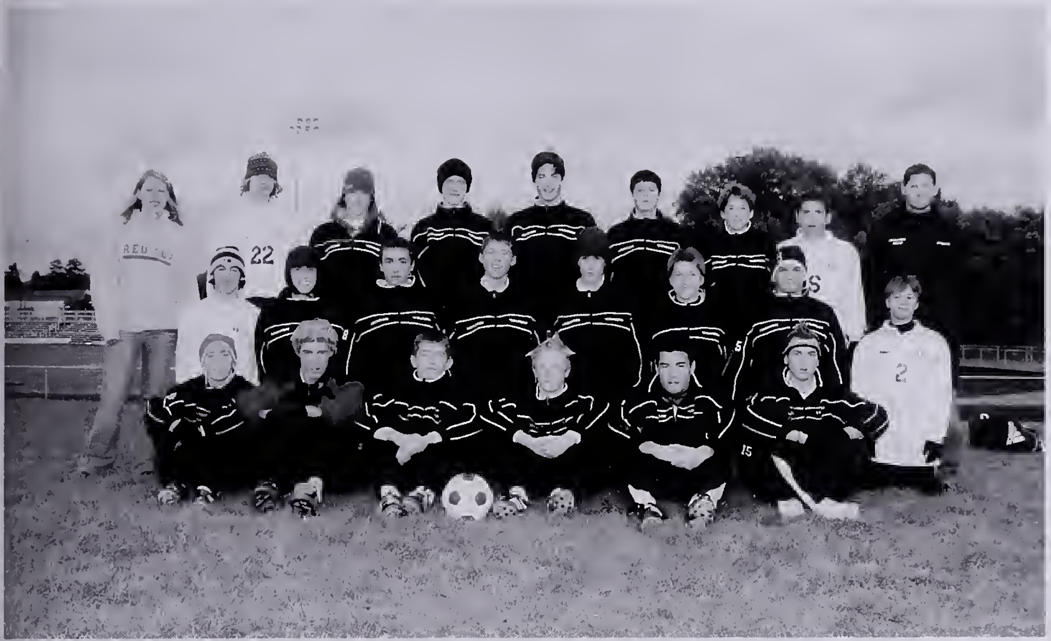
~ Mike Kirstein

Junior Erich Roberts focuses intently on his next move.

Longmeadow High School Soccer Captains for 2003: Jeff Hambro, Robert Sullivan III, Eric Roberts, Michael Kirstein, Luke Consolini

	Us	Them
E. Long.	0	3
Agawam	0	3
Amherst	1	1
Chicopee	1	1
Chic. Comp.	0	2
Westfield	0	2
Chaug.	1	8
Ludlow	1	4
W. Spfld.	2	3
Central	0	3
Cathedral	0	4
Chaug.	0	5
W. Spfld.	0	2
Cathedral	3	2

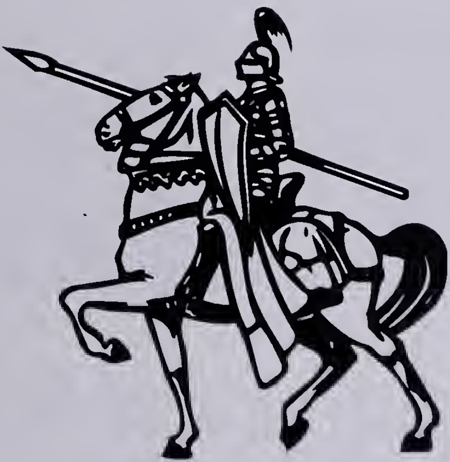
Senior Captain Luke Consolini winds up and kicks the stuffing out of the ball.



Front: Jeff Hambro, Luke Consolini, Bobby Sullivan, Rory O'Brien, Mike Kirstein, Alex Sklar.
Middle: Adam Karas, Kevin Robinson, John Shaker, Ryan Carroll, Andrew Hess, Mark Gagnier, Erich Roberts, Jack Steele.
Back: Ashlie Talbot, Dave Laflamme, Alex Bistrain, Brett Teiter, Tom Cresci, Bennet O'Brien, Nick Iavacoli, Coach Dillard.

Longmeadow High School Junior Varsity Soccer Team 2003.

Senior Alex Sklar nails a goal kick into play.



Jenna Ross punts the ball out of the goal.

Senior Meghan Dixon traps the ball and looks down field for an open teammate.

The team gathers around their coach for some words of advice.

Fielding the ball, freshman Lizzie Lee makes an impressive kick.

Making the Save!

Senior Kaolin McEvoy heads the ball with ferocity.

Caitlin Martin dribbles down the field while searching for a pass.

The team huddles up before a game, to gain the energy for a wir

enior Molly Wagner blocks the ball and prepares to kick it down field.

	Us	Them
Central	3	0
Chaug.	1	4
Killingly	1	2
Holyoke	6	2
West Spf.	3	1
Ludlow	1	0
Westfield	3	2
Agawam	0	2
Cathedral	2	3
E.L.	0	1
Ludlow	1	2
Pittsfield	4	0
Cathedral	0	3
E.L.	4	2

Sophomore Cassandra Mansfield boots the ball toward the goal.

Chicks with Sticks

The Field Hockey team had a very strong season this year. They only suffered a couple of losses and were able to make it to the State Semi-Finals where they put up a valiant effort. The Seniors would like to thank the team for a great year and wish them good luck for next year.

The team gathers around their coach for some expert advice.

Kate Manzi and Meghan Andrews, captains, pose for the camera.

Team members congratulate each other on a scoring play.

The 2003 Longmeadow High School Varsity Field Hockey Team.

The 2003 Longmeadow High School Junior Varsity Field Hockey Team.

STX
CK ISLAND
A&F
Grays

	Us	Them
Athol	1	0
Frontier Reg.	0	2
Greenfield	0	1
Killingly	6	0
Palmer	3	0
Southwick	2	0
Amherst P.	4	0
NoHo	4	0
E. Long	4	0
Palmer	5	0
Westfield	2	0
W. MA Semi	3	0
W MA Finals	1	0
State Semi	0	4

Jesse Viamari attacks the ball ferociously.

Seniors Courtney Zwirko, Shannon Demas, Katie Manzi, and Meghan Andrews reflect upon a very productive season.

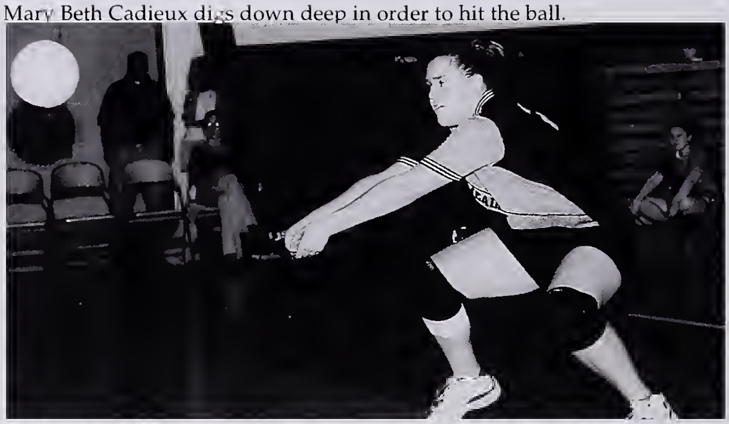
LANCERS
7
24
00

Junior Tori Holden looks to drive the ball up the field.

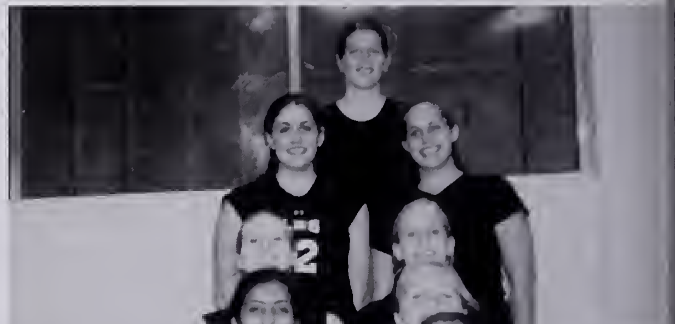
Bumping it over the net, Lauren Young scores a point for the Lancers.

The team celebrates around Mary Bitzer after she wins a point.

Mary Beth Cadieux digs down deep in order to hit the ball.



Captains Mary Beth Cadieux, Diana Gitlin, and Lauren Young.



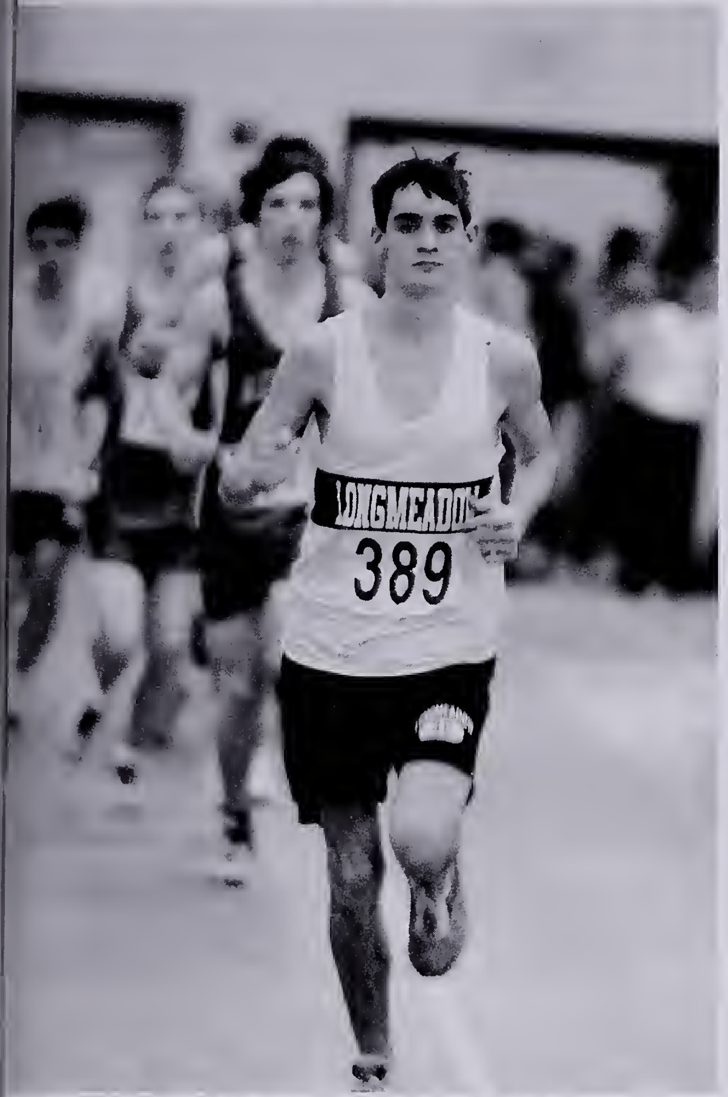
The 2003 Longmeadow High School Varsity Volleyball team.

The Lancers made huge strides in Girls Varsity Volleyball this year increasing their record to 6-12 (from last year's 1-17). Under the guidance of Head Coach Anna Stole and JV Coach Amy Resnick, both teams have developed into a competitive program. Through the hard work and dedication of the team members, this season was both successful and a terrific experience. -Senior Captain Mary Beth Cadieux

Serving an Ace!

Running Wild in the Halls!

Bobby Conley leads the pack and the pace for the Indoor Track Team.



Brendan Sheehan trains hard for the next big meet.

The third season of the Longmeadow Indoor Track Team was quite a productive year. New school records were set and teammates took the title of "Best in Western Mass." Under the coaching of Mr. Devine, Ms. Hellberg, Mrs. Rhodes, and Mr. Casratello, the team has truly turned into a powerhouse in running, jumping, and throwing. -Junior Kevin Robinson

Speed-Demon Kevin Robinson whips around the bend preparing to pass the nearest enemy-runner.

Sophomore Caroline Gross winds up for the big throw.

LONGMEADOW

Adam "Speedster" Levy runs faster than this picture can handle!...through the English hallway.

Making History!

"This year the golf team had a great showing. Each member of the team tried their hardest and contributed to our finale of winning the state championship. The seniors will have a hard time saying goodbye to the team, but we know that the upcoming players will do us proud." Senior Captain, Jason Zilewicz

Back Row: James Fortsch, Rob Henley, C.J. Denmark, Rob Flynn, Jason Zilewicz, Eric Nadelman, Coach Burke. Front Row: Dan Poisson, Anthony Willette, Eammon Byrne, John Schicko, Ian Nicoll.

Junior Rob Henley looks down the fairway at a well hit ball.

	Us	Them
Agawam	221	227
W. Spfld.	237	248
Chicopee	236	247
E. Long.	221	227
Cathedral	225	227
Ludlow	227	239
Minnechaug	246	231
E. Long.	219	239
Agawam	234	235
N'hampton	224	312
Cathedral	241	239
Minnechaug	222	234
S.Hadley	224	235
Ludlow	228	273

Junior Rob Flynn lines up his sho as he prepares for a tough putt.

Senior Jason Zilewicz skillfully chips the ball out of the rough and onto the green.

The team proudly displays their trophy after winning the state championship. Top Row: Jason Zilewicz, Co-Coach Jim Nittoli, C.J. Denmark, Eamon Byrne, Co-Coach Brian Fitzgerald. Bottom Row: John Schicko, Rob Henley, Eric Nadelman, Rob Flynn.

Senior Eric Nadelman, after a long day of playing golf, decides to step it up with a sweet swing! Swing away Eric, Swing away...

Later in the round, Eric Nadleman carefully eyes the green before making a crucial putt.

Senior Ben Swasey boxes out for the rebound.

LANCERS
22
30
W

Varsity Scoreboard

	Us	Them
Commerce	61	70
Cathedral	40	59
Central	73	63
Chicopee	56	48
Holyoke	77	58
Amherst	72	64
Cathedral	53	36
Central	41	43
Chicopee	48	43
Holyoke	61	66
Amherst	74	75
Sci-Tech	87	65
Cathedral	65	61
Commerce	48	63

Senior Travis Suber drives past an opponent.

LANCERS
40
LANCERS
44

The Men's Varsity Basketball Team crowds around Coach Robinson as they discuss various plays.

Sophomore Paul Kennedy soars above the opposing team, never taking his eye off the hoop.

Swoosh!

Leaping to Success

LEAGUE CHAMPIONS
1972 1975 1978 1989 1994
1995 2001 2003

Coaches DeStephano and Stewart stand proudly with the Men's Junior Varsity Team.

"We had a great season. The improvement from the beginning of the season, to the end, was amazing. We are the only J.V. team to beat Commerce, Central, and Sci-Tech in the same season ever! I am so proud of them."

-Coach Gary DeStephano

Sophomore Alex Stankewicz fakes out an opponent and heads for the net.

GOOD LUCK SENIORS!

Captains Zack Stambovsky, Alex Stankewicz, and Andrew MacDonald rub the magical basketball for good luck before the game.

Hitting the Hoop

Girls' Basketball Makes it to Quarter Finals

Senior Co-captains: Mary Beth Cadieux, Courtney Zwirko, Mia Rothweiller, Lauren Young, and Kara Shypula.

Brittney Komack, Annie Neil, Whitney Birtwell, Jess Halpern, Steph Whitney, and Mary Bitzer watch the action from the bench.

Junior guard Kaitlin Martin defends the basket, skillfully preventing her opponent from making a basket.

Senior guard Lauren Young attempts to beat her player from driving to t hoop.

Coach Wayne Patterson keeps a close watch on his team.

The 2004 Girls' Varsity Basketball Team.

The 2004 Girls' Junior Varsity Basketball Team.

Trying to save the ball from going out, sophomore Marissa Teed keeps her eye out for a free player.
Fighting for a loose ball, senior Courtney Zwirko tries to get a rebound.

Senior Dan Webber turns the corner tight on the lane.

Senior Annie Durfee focuses on the finish line.

Longmeadow
25
SKIHAW

Jessica Parker curves a sharp turn.

Arthur Mulhearn whips his gear into shape!

Racing Down the Slope!

Senior Molly Wagner makes it successfully around a gate.

Jenna Ross makes the gate bend with her incredible speed.

Senior Mike Hayes gets low to the snow and turns sharp to win the race.

Tanya Zilewicz carves the snow covered mountain.

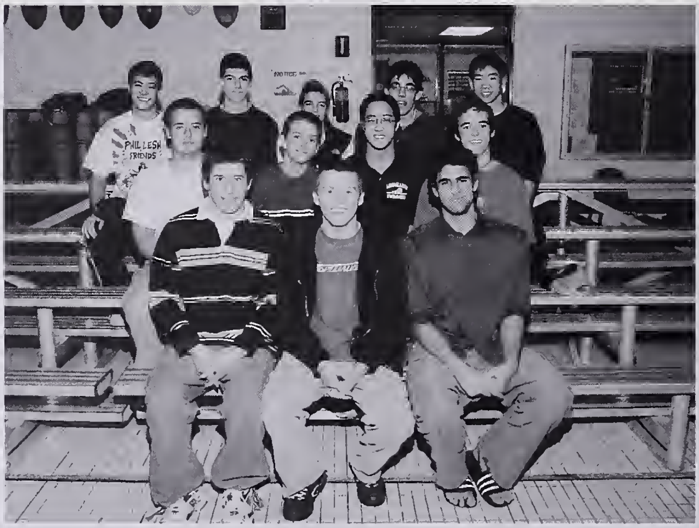
Senior John Glynn, careening through the gate, races down the course.

Making Waves

Tim Marinelli performs a dive of perfection.

Digging through the water with his strength, senior Alex Lattell does the breast stroke.

James Lim is exhausted after completing his race.



The Longmeadow Men's Swim Team

Todd Young, the Men's Swimming Coaches, and Alex Latt
anticipate the up-coming meet.

Doug Duquette flies off the diving board.

James Woo uses his arm strength to do the Backstroke.

Sophomore Greg Alexandru performs the crawl in the Freestyle Relay.

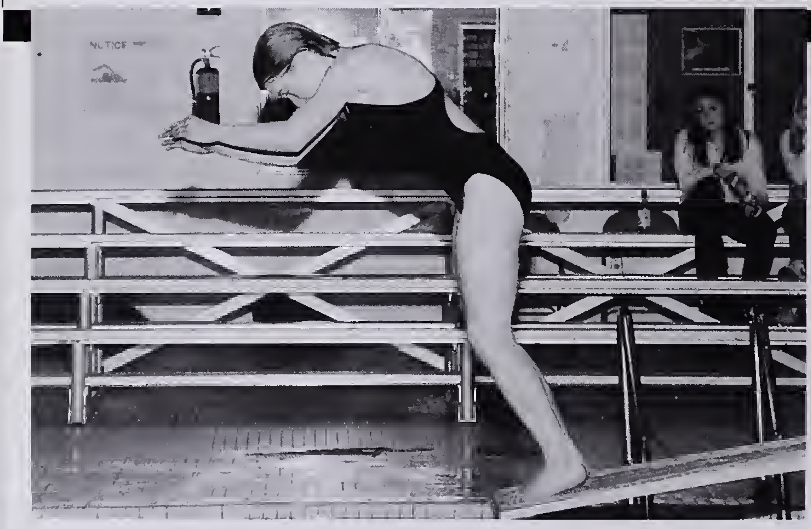
Chris Breen concentrates on making his best time in the butterfly.

Flying to a State Championship!

2004 was a remarkable season for undefeated Lady Lancer Swimming. In the spirit of last year's domination, Longmeadow improved to an overall regular season record of 24-0 led by captains Lauren Bedard, Jillian Kos, and myself. The final dual meet, a close victory against also unbeaten East Longmeadow, clinched the league championship title- but this was only the beginning. The girls went on to win Western Mass yet again this year, as the quartet of Johannah Kos, Kellen O'Gara, Sisi Ruan, and Lauren Bedard set both school and meet records for the 200 and 400 Freestyle Relays. Longmeadow now owns all relay records at sectionals. Finally, at Northeastern University on February 29, 2004, Longmeadow won its first ever Division 1 State Championship Title in school history, a feat only matched by a team from the west over a decade ago. - Meghan Conley

Sophomore Angela Bertelli performs an inward tuck.

The Longmeadow Women's Swim team



Focusing intently, senior Laura Marinelli makes a clean dive.

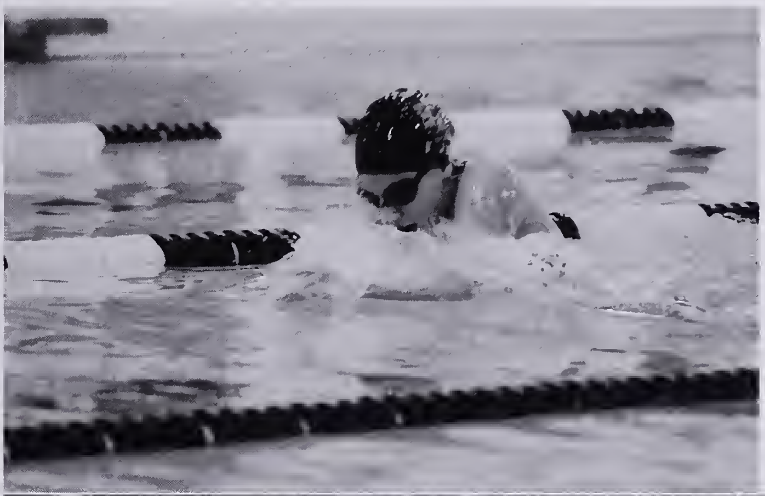
Jaime Haddad and Meghan Conley rest at the edge of the pool after doing laps.

Sophomore Kellen O'Gara dominates in the 100 butterfly, finishing with a winning time.

Senior Lauren Bedard slices through the water swimming the breast stroke.

Autumn Beaulac makes a clean dive into the pool.

Competing in the IM, senior Jillian Kos swims the breast stroke.



Reaching for the wall, junior Hannah Grayboff shows perfect form in the Butterfly stroke.

Dan Skeehan straps on his singlet and puts on his game face awaiting a victory in the evening's match.

Joe Deluca takes down his opponent in his match for two points.

To the right, the varsity wrestling team lines up for the cross-mat introductions.

Below, the varsity wrestling team gathers in a huddle on the mat, seconds away from the first match of the evening.

The Varsity Wrestling Team had a very strong season. Under the coaching of Mr. Alex Efstratios, Mr. Kevin McKay, and Mr. Mike Calvanese, the Lancers came out on top with a 14-2 record, placing second in Western Ma. Mike Ross placed first in States in the 145 weight class, and Cameron Green and Ryan Murphy both placed third in their weight classes.

Grappling for the Title

Junior Mike Foss grapples a Central wrestler in attempt to get him on his back for the pin.

	Us	Them
E.Long	40	21
Central	40	21
W.Spfld	55	15
Agawam	39	19
Westfield	55	12
Minnechaug	54	18
Ludlow	30	39
Cathedral	55	15
Tewksbury	58	15
Salem	55	18
St. John's	24	42
Monument	72	3
Northampton	47	27
King Philip	46	22
Duxbury	46	25
Bridgewater	31	27

The Longmeadow Wrestling jacket symbolizes devotion to the sport, which every LHS wrestler has.

LONGMEADOW
WRESTLING

To the left, Brian Altaman and Peter Kadushin start their warm-up run with the rest of the team.

Below, Senior Eric Weiss locks his arms around a Central High School wrestler. Longmeadow beat Central 40-21 that evening.

Senior Ryan Murphy is setting up for his finishing pin to win the match.

The Varsity Hockey Team salutes the flag during the singing of the "National Anthem".

	Us	Them
Minnechaug	4	0
W. Springfld	9	0
Malden Cath.	3	0
Westfield	7	1
Agawam	11	1
E. Long.	3	0
Chicopee	7	2
Xaverian	1	3
Cathedral	3	2
E. Long.	3	0
Ludlow	4	2
Minnechaug	4	0
Matigon	2	2
Amherst	0	0

The Lancers converge on the biscuit.

Skating to Glory

Kent Graham rifles a slapshot.

Joey Furnari wins the face off.

Defenseman Matt Hiser takes a shot at the net.

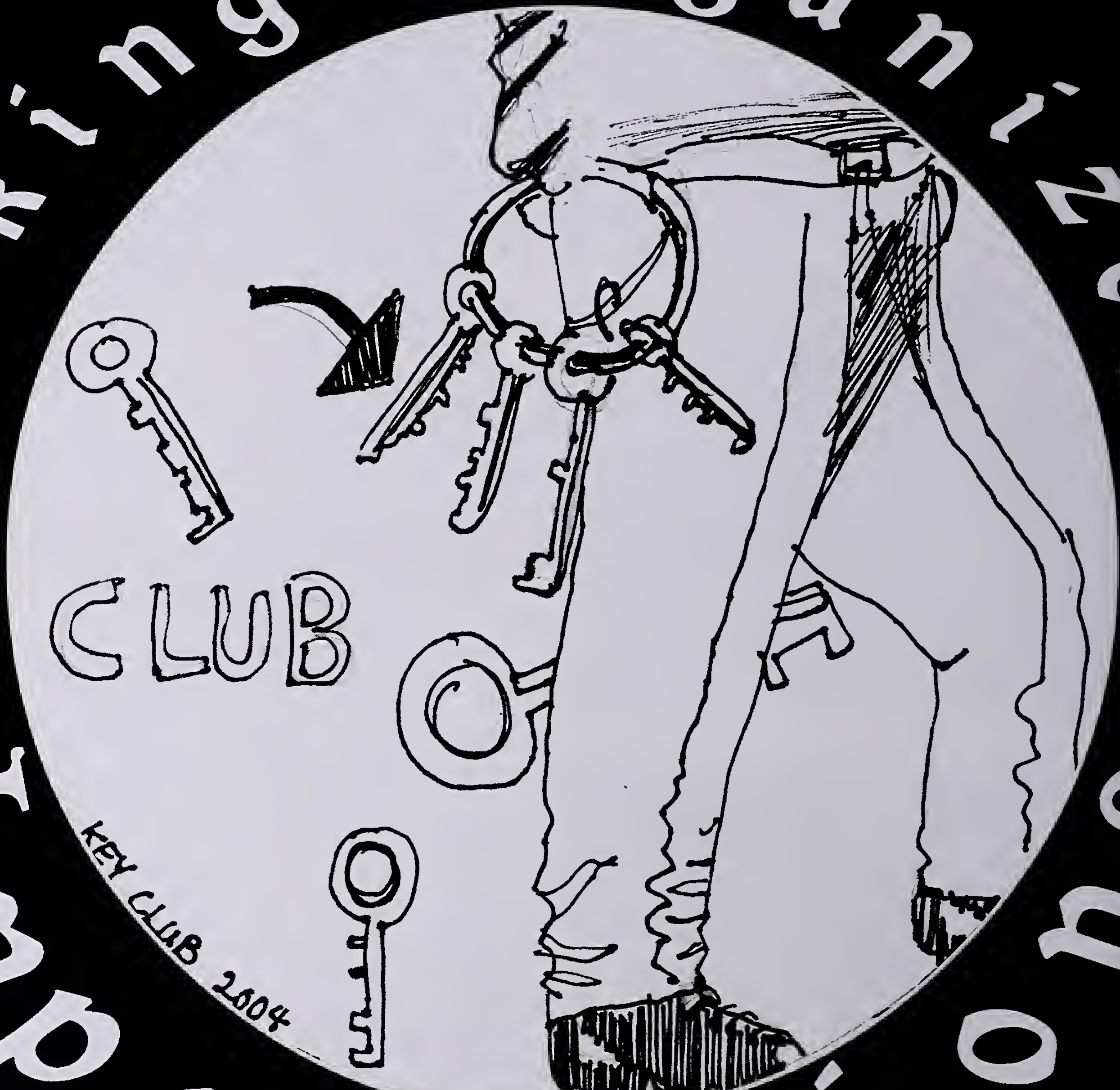
Rob Travers fights for a loose puck.

Dylan Scanlon breaks away from the pack.

efan Ayotte crushes the opponent against the ards.

Kevin Flanders makes a spectacular save.

Making Organized Impressions



CLUB
KEY CLUB 2004

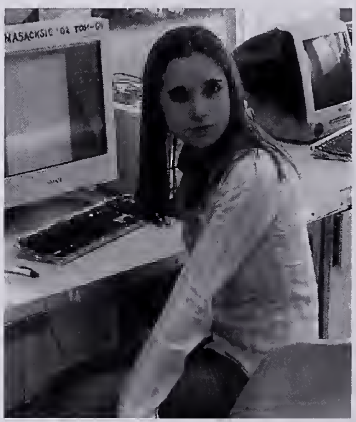
Clubs & Organizations

Masacksic

The 2003-2004 Yearbook Staff

This year Masacksic underwent a great change as Mrs. Pam Pion took over the advisor position following the retirement of Mr. Roger LeBlanc. The Masacksic staff includes the ads/patrons, arts, organizations, faculty, business, photography, student life, and sports editors and their supporting members. This hard-working, congenial staff works diligently all year to meet deadlines and create a memory-filled, imaginative yearbook.

Tom Dellis holds his trusty cropper while Nick Magliatto inspects the sports pages.



Erin Randall takes some time off from typing to pose for the camera

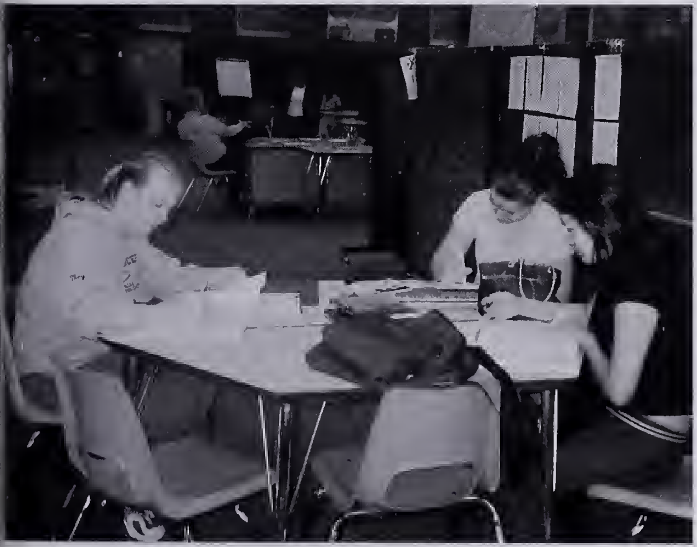
Linda Hwang and Christina Lee seem to be too absorbed in their wo
to notice that their picture is being take

National Honor Society

5 one-act plays

The 2003-2004 National Honor Society

The National Honor Society is an organization founded upon scholarship, leadership, service and character. Members participate in a variety of activities throughout the year, including tutoring, fund-raising, and community service projects. This year, a tutoring center was created in the SLC, allowing students to receive assistance during study blocks. NHS also sponsored several projects including a book drive, canned goods drive, and volunteer work at the YMCA.



Megan Andrews, Jen Hoff and Linda Hwang study in the tutoring center.

Rebecca Gauthier smiles at the pile of books collected during the December book drive.

National Honor Society Tutoring Center

Adam Janes assists Tom Broderick with some mind-boggling math problems

Key Club

LONGMEADOW
SOCCER

Devoted members of LHS Key Club assemble!

Key Club is an international organization that encourages high school students to become active in community service. Longmeadow High School's Key Club has established relationships with service and charitable organizations throughout the greater Springfield area. The club produces fundraising activities, helps out at events and other services. This year, worldwide Key Clubs share the common primary focus of interacting with children. Longmeadow High School has done so by having club members visit the elementary schools, tutoring homeless kids, working with children in Springfield's Brightside and working on many other events.

On top of all her duties as Dean of Students, Mrs. Vesta Browne is responsible for much of what Key Club does and is invloved in. Look at that satisfied face!

Business Professionals of America

At this years State Leadership Conference in Taunton, Mass club officials John Togneri, Bobby Sullivan, and Andrew Werick look over some statistics

The Business Profesionals of America, or BPA, has continued its success as one of the strongest and most active clubs at Longmeadow High School. The BPA consists of over forty members who often participate weekly. The main goal of the BPA is to contribute to the preparation of a world-class work force through the advancement of leadership, citizenship, acedemic, and technological skills. Some of the club's great accomplishments include many successful fundraisers throughout the year such as carnation sales. The group also participated in both State and National Leadership conferences where members get a chance to compete. The club officials include: Bobby Sullivan (President), Andrew Wernick (Vice President), John Togneri (Secretary), Mike Kirstein (Treasurer), Alex Sklar (Fundraising Chair), John Deluca (Membership Chair), Anthony Gentile (Historian), and Rory O'Brien and Jimmy Fortsch (Parliamentarians). The 2003-2004 BPA has continued the tradition and the club is still on the rise.

The Club in its entirety. Top row: Nick Williamson, Brett Reiter, Dennis Berte, Alison Burke, Kaitlin Martin, Nick Leventis, Joe Lepper, Andrew Wernick. Middle row: Tom Cresci, Adam Karas, Sam Fortsch, Mike Kirstein, Cristine Casaceli, Jimmy Fortsch, Kyung Suh. Bottom row: Jeff Hambo, Mrs. Morse, Bobby Sullivan, Kasey Koerner, John Deluca, Alex Sklar, Tommy Williamson, John Togneri, Matt Grodd, Greg Tariff, and Rory O'Brien.

Science League

Science League is a group of curious-minded students who meet every week to express their deep interest in the scienc
Once a month or so the team travels to a meet at a surrounding school or other acedemic facility, where students comp
in groups of two to four in one of three events at the individual meet. So far the Longmeadow team is in 2nd place over
The season will culminate at the state meet in March where the team will compete in over a dozen different events aga
schools from all over the state. A top ten finish is the goal for this year.

Teammates John Whang and Keerthi Sheety look on as Adam Janes inspects an experiment.

Proud of his entry in the Science League competition, senior Adam Janes waits confidently for the judging to begin.

Enjoying a break at the competition are Dan Sampson, Linda Hwang, Ac
Janes, Matt Schroyer, and Brian Shea.

Drama Club

th only a year of experience behind them, Longmeadow High School's Drama Club as continued to shock, amaze, and
ertain their audiences with new and exciting performances. This year performances include five student-directed one-
plays, a comedy-improv fundraiser, and a spring musical. With a talented group of over fifty students from all grades
the help of their knowledgable adviso, Hilary Buxbaum, there are only great things to come from his enthusiastic
up.

rking hard backstage the crew, Danielle Friedrich, Colin Shebar,
lissa Shroyer, Brian Shea and Ben Brown prepare the lights and
nd for the night's performance.

Alex Shebar and Zach VanSchoen rehearse their lines until they are perfect for the opening night's show.

Jet Jotter

1st row: Lee Taylor, Suzanne Chipkin, Keerthi Shetty, Jesse Sussman. 2nd row: Melissa Schroyer, Katelyn Baker, Emily Berger, Elyse Linson, Jessica Parker, Julie Kim. 3rd row: Alex Shebar, Alex Litvinow, Mehdi Rizvi, Mike Baker, Ozaire Awais, Ben Swasey, Evan Souliere, Mr. Cromier.

"The Jet Jotter" led by Editor in Chief Alex Shebar, was on pace to publish one issue a month. Students were greeted with an opening day issue previewing the day's assembly featuring motivational speaker,Travis Roy, who was paralyzed in his first game as a BU hockey player. The paper also covered a feature on Mr. Neil Henderson, a janitor who is completing his pratice teaching so that he can teach at the elementary school level. A story on the increase in parking lot fees (from $90-$100) and a preview of a group of students and teachers going to China in the spring were some of the other issues in the newspaper. There were other stories including sports coverage of golf and field hockey, dress code, alcohol use and a special Halloween horror story contest.

Keerthi Sheety, Alex Shebar and Liz Berger are working hard on their articles.

Emma Newcombe, Evan Souliere and Emily Berger are discussing their ideas for the next issue.

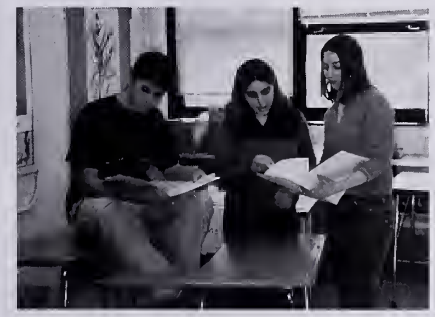
Alex Livinow thinks hard about her contribution to the Jet Jotter newspaper.

Impressions

1st row: Sara Packin, Allision Burton, Liz Berger, Rayna Trietsch. 2nd row: Alex Shebar, Amanda Brown, Lucy Sheehan, Heather Sunter.(missing: Jonathan Gogel)

Need to put that frustration on paper? Want to tell your story to the world? Or do you just want to read what others have to say? "Impressions," the school literary magazine, works to let the students of Longmeadow High School express themselves! We publish the best of student poetry, prose, and artwork creating an outlet for creative minds and dedicated readers alike. The magazine is published once annually, under the club's advisor Janice Pontacoloni.

Alex Shebar and Liz Berger are reading submssions for the "Impressions" literary magazine.



Alex Shebar, Liz Berger, and Suzanne Chipkin decide upon a piece of poetry for Impressions!

Emma Newcombe and Alex Shebar share their opinions on a submission.

Debate Team

Front row: Kevin Conley, Alex Cramer, Miss Pollard, Farrel Simpson, John Whang, Sarah Micley
Back row: Megan Alfredson, Will Higgins, Tom Koenigs, Adam Janes, Matt Higgins

Coming off one of its most successful seasons ever , the L.H.S. Debate Team is looking forward to another great year. The team typically meets in early winter to discuss strategy and prepare for two months of debating the Resolve, "That the United States federal government should substantially increase protection of marine natural resources." Miss Pollard has returned for her second year as the Debate Team's coach and is optimistic about the team's prospects.

Will Higgins is so lost in thought that he doesn't even realize that his picture is being taken.

Tom Koenigs and Matt Higgins are prepared for total league domination.

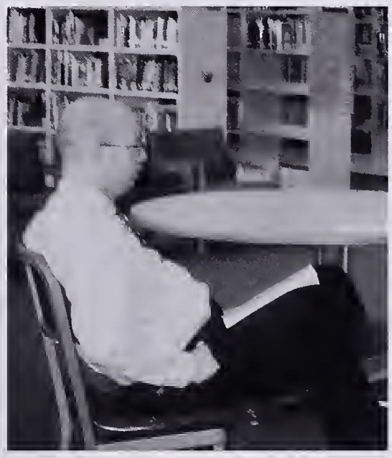
Sarah Micley and Anna Chin stand confidently together before a debate while Scott Janes wanders in the backround.

Mock Trial

Back row: Ryan McKenna, Maggie Lonergan, Mr. Dunkerly, Mike McDonough, Meghan Riley
Front row: Tom Speight, Courtney Hall, Katelyn Baker, Suzanne Chipkin, Erica White
(not pictured): Jillian Zeppa, Sarah Dukeshire, Anna Chin, Katie Manzi, Brett Reiter

For the second straight year, the Mock Trial Team has had an undefeated regular season. The team combines poise, intellect, and stunning good looks to create a legal powerhouse, overwhelming all competition without mercy or compassion. The group consists of Erica "Boss" White, Mike "The White Dart" McDonough, Katie "Gunner" Manzi, Meghan "Bambi" Riley, "Maggie "Echo" Lonergan, Courtney "Infringer" Hall, Suzanne "Mad Dog" Chipkin, Sarah "Blazing Fire" Dukeshire, Anna "Jawbreaker" Chin, Tom "Niner" Speight, Louis "The King" Lasko, Brett "The Threat" Reiter, Ryan "Ripper" McKenna and Coaches Paul "The Wall" Dunkerly and Attorney Edward "Mr." McDonough.

Suzanne Chipkin, Anna Chin, and Maggie Lonergan listen intently during a practice trial.



Mr. Dunkerly supervises the team in the quietness of the school library.

Katie Manzi and Mike McDonough smile for the camera during a meeting.

Spanish Club

Front row: Owen Fenton, Danielle Laliberte, Rebecca Ernst, Ally Burton, Lauren Broderick, Rich Camerota, Brian Altman, Zev Cossin, Sra. Rhodes
Back row: Leo Guyshan, Jack McCarthy, Connor Meihm, Brendon Dean, Chris Tredeau, Ben Schill, Gordon Marsh
(not pictured): Dana Peck, Lindsay Palazzi, Alex Stankiewicz, Ruben Mylvaganam, Maggie Lonergan

The Spanish Club meets twice a month to discuss Spanish language and customs. This year officers plan to set up a pen pal system, giving members an opportunity to learn about Spanish-speaking countries first-hand. Spanish dishes are also served at meetings, giving students a taste of Spanish culture.

French Club

Front Row: Alex Litvanov, Maggie Lonergan, Elizabeth Barney, Ryan Shapiro
Middle Row: Elizabeth Treadeau, Kirsten Guigere, Greg Appleman, Lindsay Wright, Elyssa Averbach, Huong Nguyen, Lauren Young, Erica Santa, Katelyn Bergeron, Dan Israel, Julie Kim, Leigh Urbschat
Back Row: Radhames Mora, Mary Beth Cadieux, Eloise Narrigan

The French Club is made up of students interested in learning more about French culture. Advised by Mlle. Buescher, the club has sponsored several French breakfasts to expose students to an important part of the French culture.

Rough Draft

Mr. Staples, Alex Shebar, Matt Higgins, Melissa Shroyer, Zach Van Schouwen, Mayya Finn, Russell Hill, and Eloise Narrigan

The Rough Draft is the school's "humor" newspaper. Its wonderfully talented staff continues to provide the school with brilliant satirical fodder year-round. Although its publications are few and far between, the emphasis on quality makes up for its severe lack of quantity. At the moment, club members are working diligently on the (in)famous April Fool's Day issue. This group will live forever.

Math Team

Once a month, six members of the L.H.S Math Team are chosen to participate in the Western Massachusetts league competition, which basically consists of completing several math problems. The team meets every Tuesday after school to work on practice problems. Run by advisor Mrs. Susan Peters and officers Mike Kirstein (President), Alex Sklar and Chris Bren (CoVice Presidents), and Andrew Wernick (Secretary), the team finished 1st overall among all public schools in Western Massachusetts.

Environmental Club

The Environmental Club is a community service oriented organization which focuses on volunteer work. Thanks to president, Lisa Mujali, the Environmental Club was restarted this year. The Club works to encourage involvement in preserving the environment and community through recycling, fund-raising and other activities. Earned funds are donated to local conservation groups. The club has created a school-wide recycling system for cans and bottles and is responsible for organizing an ozone preserving car-pool/bike to school day. Club members participate in educating elementary school children about pollution and global warming. Club members also volunteer at the local recycling center. Environmental Club will also attempt to help a needy family in a third world country by donating a cow through the Heifer Project. Lastly, a fund-raising volleyball game will be held using connected plastic six can holders as a net. The Environmental Club advocates awarness for a clean future.

International Club

International Club is a group of highly motivated students who take the initiative to broaden their horizons by experiencing Model United Nations. These conferences provide a chance to explore and learn about international affairs and world diplomacy. MUN also serves as an opportunity to meet students from all over the country and the world. When not preparing for MUN, the club hosts a variety of guests to speak about international affairs. The club has expanded greatly this year under the supervision of Mrs Colgan and newcomers are always welcome.

International Club members attended the Harvard Model U. N. once again this year. There, members discussed a variety of political issues and enjoyed meeting other students from around the world.

Juniors Jesse Sussman and Sarah Lorenzano take a much needed break between sessions at the Harvard Model U N Convention held in December at the Cambridge campus.

Seniors Cameron Leroy and Erica White, members of the Social, Humanitarian and Cultural Committee, meet with other participants to discuss the death penalty.

Knitting Club

The Knitting Club meets every Wednesday in the library, supervised by Mrs. Colgan, and a board of club officials. The Knitting Club is made up of people from all different cliques and classes, all joined togther by one thing, the love of knitting. They have many projects from sweaters to scarves, hats to gloves. After a long stressful day, at school, the Knitting Club is a place where friends can just sit down and chill, and do some crafty and fun colorful projects that they truly enjoy.

The 2004 Knitting Club meets with Mrs. Colgan

ook at how much Luke Consolini enjoys his knitting!

Art Club

Every Wednesday the Art Club meets to bring creative minds together to come up with new and interesting ideas to accomplish the club. They have incorporated the school and community in their artistic adventures and have had much success. The presiden Rebecca Reuben and Jesse Sussman, along with Vice President Justine Therrien have developed a great foundation for the new Club including a variety of members displaying their art ability, and always welcoming new membe

Dance Team

Front Row: Justine Rosazza, Natasha Conti, and Ashlie Talbot. Back Row: Merrisa Carvalho, Ginel Bascombe, Jazlene Lasanta, and Silvanna Vivenzio.

Rhonda Moore and Ginel know that practice makes perfect.

The LHS Dance Team is in its second full year. The Dance Team was the inspiration of now graduates, Callie Williams and Kathry Bielums. Many of the team have taken dance lessons for most of their lives. Many of the girls don't try out for cheerleading, but wi to use their talents elsewhere. The goal of the team is to spread cheer to the LHS community by way of basketball games and oth sporting events. They also hope to reach out to a larger audience including, Longmeadow Days, children at the Shriners Hospit and elderly at area nursing homes. Practices for the team are twice a week. The dedication from the members is what the Dance Tea is all about. Mrs. Charlotte Steele and Sandra MacDonald are advisors for the team. Co-Captains are Natasha Conti and Silvan Vivenzio.

Interact Club

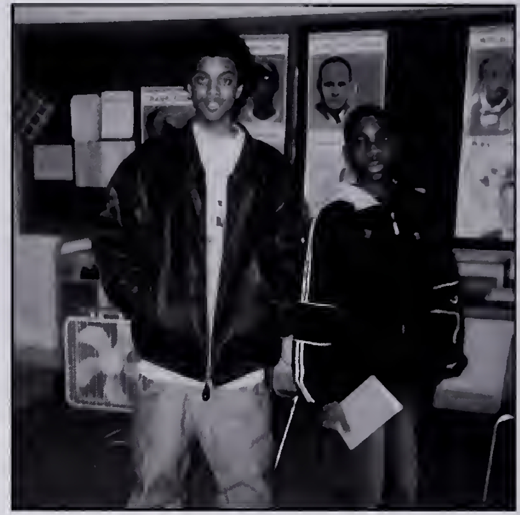
s community based club just started this year bases ideas on Rotary Club. The Rotary Club is more international and it is exciting ee so many new members for a brand new club. The club has community projects planned such as a bocce tournament, reading lementary school kids, Valentine's Day dance for senior citizens and money donations for charities. The Board Members are co-sidents: Kelly Healy and Ben Brown, co-vice presidents: Mary Bitzer and Heather Dobson, Ketti Chaugan is secretary, Margaret ach is treasurer and Alex Cramer is chairperson. The members work well with their advisors Mr. Lonergan and Diane Fischer.

Outing Club

Outing club, led by Mr. Jake Golen, participates in a variety of outdoor activities. Weekly meetings are held where the club plans s and fund-raisers, and discusses various club issues. An annual overnight trip is held every year in late February / early March oble View, a section of the Appalachian Mountain club. The club hikes, snow shoes, skis, snowboards, as well as many other door activities. Mr. Golen leaves much of the planning to the students who are really in charge of what the club does. If they t to go to a rock-gym or white water rafting, all they need to do is get information about it and plan a date. In the words of Outing b member Alex Corn, "There's alot of freedom in this club, and it's a blast."

METCO

Angel Alverez and Tracey Brown



Thomas Wilbon and Khambrel Wilson

Randy Somerville, Vianchi Tulloch, Khambrel Wilson and Marques Jenkins

Rainey Leverett and Jessica Grimes

METCO, the Metropolitan Council of Education Opportunities has been the program of choice for minority families since 1968 as the model for other states. The students begin the program in kindergarten and follow through to graduation in high school. At the beginning, the purpose of the program was to offer a solution to the problem of racial imbalance and now it has surpassed this original goal years ago. The program is an available choice for minority families and benefits both the urban and suburban communities; teaching all children to live not by the labels black or white, but to live by the golden rule. All expenses for education are provided by the Massachusetts Department of Education as the student is expected to meet its criteria both academically and socially. The students of this program participate in every aspect of the school community while this program brings well received cultural programs to the schools. 97% of the students usually go on to four year colleges.

Unity Club

Rhonda Moore, Travis Suber, Ebonee Emanuel, Rainey Leverett, Danielle Suber, Jessica Grimes.

Rufus Green, Marques Jenkins, Randy Somerville, Khambrel Wilson, Tahir Graham and Vianchi Tulloch

Vilenti Tulloch, Jon James, and Vianchi Tulloch

Unity Club is an organization focused on celebrating diversity inside and outside of the school environment. With the help of advisor Sandra Macdonald, the members of Unity Club are involved in several activities throughout the year helping their community showing their strength between students of different races, cultures and ethnic backgrounds. Previously named "Umoja," meaning Unity the club hopes to break down prejudicial barriers and elinimate stereotypes to make out school a more socially aware environment. The offices this year are co-presidents: Jessica Grimes and Travis Suber, treasurer Danielle Suber, events coordinators: Rainey Leverett and Rhonda Moore, and secretary Ebonee Emanuel.

As School Match Wits

Longmeadow High

Dr. Berger, Adams Janes, Keerthi Shetty, Maggie Longergan, Chris Breen, John Whang(missing Linna Duan)

The LHS As School Match Wits team has built on last year's championship season with another strong showing on the locally televised high school quiz show. Members are: seniors Chris Breen and Adam Janes, junior Keerthi Shetty, sophomore Maggie Lonergan, and senior alternate John Whang. Freshman Linna Duan joined them as a second alternate this year. This year's team made it to playoffs by beating teams from West Springfield, Deerfield Academy and Ludlow.

S.A.D.D.

SADD Members for 2003-2004

SADD, Students Against Destructive Decisions, is an organization geared towards spreading awareness of the effects of the choices we make to both the school and outside community. This year, the club has raised money at parent teacher conferences, and donated it to a local Women's Shelter. We are also going to have a Ghost Day before Prom. We hope that by having this Ghost Day we will encourage seniors not to drink after Prom. We also have decorated the SADD bulletin board and, throughout the year, have posted different facts and statistics about the impact of Destructive Decisions in order to make students aware of the consequences of harmful actions.

Programming Club

1st row: Andrew Salinski, Brian Shea, Matt Schroyer 2nd row: Brendan Dean, Dan Skehan, Joe Baker, Dennis Wells

Students who feel the need or desire to further develop their programming skills outside of the classroom can do so in the Programming Club. The Programming Club is meant to provide experience and an extra challenge to those who are ready for it. Mind-bending algorithms test abilities to find a solution. Along with these challenges, new techniques, languages, and current computer science events are shared to keep up with an extremely fast moving field. Anyone who wishes to join will be welcomed regardless of skill level.

AFS

Yoni Shemesh, Doug Duquette, Robbie Ehresman, Mary Bitzer, Ketti Chauhan, and Margaret Roache

The AFS Intercultural Exchange program is an international service group allowing students to enroll for half year, full year, or summer courses in a foreign country. The AFS Club is for students who are interested in participating in studying abroad in high school or college years, interested in hosting a foreign student, or who enjoy learning about by participating in foreign cultures. In the past, we have hosted studnets from various countries in Europe, South America and Asia, and this year we have one student studying for a half year in Chile. We are currently a very small and intimate group, and activities during this year and years past include hosting students for a weekend, AFS bowling parties, cultural dinners, potluck dinners and foreign films. Any family may host a student.Anyone interested can check out AFS online at www. afs. org.

Young Democrats Club

Mike Baker, Maggie Longeran and Mr. Fitzgerald

The purpose of the Young Democrats is to discuss politics and issues relating to the Democratic Party. We hope to promote the involvement of young people in politics and to expand their knowledge of the world. This small group of political active students meets weekly. Led by President Maggie Lonergan and Vice President Mike Baker along with their advisor Mr. Fitzgerald, this group intently keeps up with the current political scene. This club helps students understand politics in a wonderful experience by learning in discussions.

Look Who We've Impressed

Community

Congratulations Elizabeth

Annie Durfee

CONGRATULATIONS

All the way from back to your first day of Nursery School! Great Job, Annie!

Love,
Mom, Dad, Marie, Liz and Ben

Alyssa Burstien

CONGRATULATIONS

We're so proud of you!

Love,
Mom, Dad, and Greg

Dear Nick Nack

NO DOUBT THE UNIVERSE IS UNFOLDING AS IT SHOULD…

Congratulations! Continued success in whatever you do. Follow these wise (and very edited) words from the Desiderata by Max Ehrmann and you're sure to live a peacful and fulfilling life!!

"With all is sham, drudgery, and broken dreams, it is still a beautiful world. Be cheerful. Strive to be happy!"

We Love You,
Aunt Dee Dee, Uncle Troy, Coco, and Natalie

Congratulations Class of 2004

We preserve your high school memories.

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Jason Zilewicz

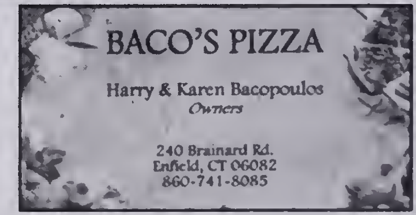
Congratulations
Jay!

Congratulations
Andrew!

and the
Class of 2004

Carol, Larry,
Daniel, and Seth
Wernick

Way To Go Seniors



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Good luck from everyone at Baco's Pizza!

Jonathan Fahy

Dream Big
Reach Far
Shine Brightly

We are so very proud
of you.
Mom, Dad, and Meghann

Mary, Cait, & Jen

YOU MUST HAVE BEEN BEAUTIFUL BABIES...

Congratulations!

Mary, Cait, & Jen

With Love,
Your Parents

---

rik Lawson Jefferson

Dear Son,
We send our genuine congratulations on your graduation from LHS!

May you always be thrilled with new discoveries in your life and live with dignity and resolve.

Loving you Always,
Mom, Dad, & Mr. Pussems

Aerik Mansfield

CONGRATULATIONS!!

You Did It! Good Luck.
We will keep this even after you're famous.
We are very proud of you.

Lots of Love,

Mom, Dad, Cassie, William, & Allie

Congratulations!

"Best Wishes"

The Staff of Winchester Auto School

Meagan Ahrens

As you close out this chapter of your life, always remember that we love you and will support you through all that is yet to come.

Congratulations!

Love Always,
Mom, Dad,
Pamela, & Elizabeth

Friends Forever

Meghan Andrews
Elizabeth Croll
Jennifer Hoff
Mandy Jason
Shruti Kashikar
Sarah Micley
Huong Nguyen
Melissa Schroyer
Alex Smith
Nicole Varteresian

Alexandra Smith

"Shoot for the moon- even if you miss it, you will land among the stars."

We wish you much happiness, success, joy and laughter in the years to come. We are so proud of you. Congratulations!

Love, Mom, Dad, & Danny

Congratulations Lauren

Time has passed so quickly. We are so proud of the intelligent, caring, beautiful young woman you have become! Keep striving for great things and success will be yours!

All our love,
Mom and Teddy

Katie

You are a wonderful, unique person just beginning to find your place in the world.

Love yourself, have patience, and all of your dreams will come true.

We are so proud of you! Congratulations!

Love,
Mom and Dad

Jillian A. Kos

YOU HAVE TRULY BLESSED OUR LIVES

You are every parent's dream. Well beyond your years. Your commitment and dedication to life is amazing. You will do well in whatever direction you choose. You are a special young lady and we are very proud of you.

We love you so much,
Dad, Mom, and Johannah

Jenn

You truly are a blessing, we're so proud of the person you've become. May all your dreams come true!

Love you Bunches,
Mom & Dad

Congratulations Carly

We love you so much! We admire your spirit, enthusiasm and dedication to all that you do. Stay focused on your goals and may all your dreams come true.

Love,
Mom, Dad, and Danny

Economy Insurance Agency

BEST WISHES TO ALL

ECONOMY INSURANCE AGENCYSM

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The AUTO INSURANCE SpecialistSM

Adam

CONGRATS LITTLE BROTHER

"Thou shalt always love thy sister"

Love you,
Ashley

Joe Drapalski

Congratulations Joe!
With best wishes for success in college
and beyond!
Love,
Mom, Dad, and Nora

"So much to do, so much to see...

JEFF HAMBRO

You'll never know if you don't go,
You'll never shine if you don't glow.
Hey now, you're an All-star, get your game on, go play"

Smash Mouth, 1999

We're so proud of you. Congratulations!!!
Love, Mom, Dad, Stacy, Sunshine and Rainbow

WE ALWAYS
KNEW THAT
"just plain Leigh"
WOULD
TURN OUT
SIMPLY
WONDERFUL.

From your three
biggest fans -
Mom, Dad,
& Lauren

Congratulations Ashley!

You've always made us proud!

Love,
Mom, Dad, and Andrew

Whitney

It's been quite a journey...
through thick and thin.
From the very first,
Our hearts you did win.

Sunshine, bright colors,
Good friends, great cheer.
We wish you all this
Every day of the year.

Your heart is big,
your smile wide.
You're ready to go
without us at your side.

Whenever you need us
on down the road,
we'll always be there
to lighten your load.

With
Love

We love you Molly!

Caitlin, Courtney,
and Griffin

We're Jammin'

Now on to the next performance

Love,
The McKays, Mehle-Connors, & Boutins

Congratulations Meg!

"And will you succeed? Yes! you will indeed!
(98 and 3/4 percent guaranteed.)
KID, YOU WILL MOVE MOUNTAINS!"
Oh, The Places You'll Go! by Dr. Seuss

We are so proud of all you have become!
Love, Mom and Dad

To Our Katie

We love you and are proud of you!
You are the greatest!!!

Love, Mom, Dad, Jim and Bill

Jodi Weisser

Jodi, We're proud of you!

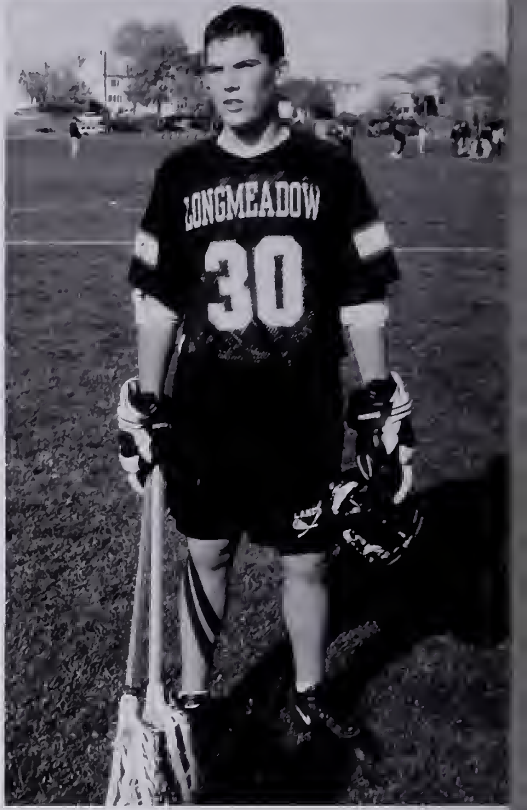
**Love,
Mom, Dad, Linz, and Paul**

Congratulations Adam!

We're so proud of all your achievements!

Love,

Mom, Dad, Scott, and Sarah



Congratulations Andrew

Wishing you a happy and successful future.

Good Luck!

Love,
Mom, Larry, Jason, and Lindsay

Congratulations Matthew

You followed your yellow brick road.

Love,
Mom, Dad, and Jim

Congratulations Bailley and Molly!

With Love,

The Mazurs
and
The Wagners

Congratulations

MIKE, ANDREW, AND ALEX

We're so proud of you!

Love,
Your Parents

Congratulations Sara!

May all your
dreams
come true!

Love,
Mom, Dad, and
Dave

Lindsay Tagliapietra

Wherever you go, no matter what the weather, you always bring your own sunshine. Continue to shine!!

Congratulations!

Love,
Mom, Niki, and the Animal Kingdom

Mike McKay

Jr. Exec.

Is the business world ready?

Congratulations on all of your accomplishments

Your Loving Family

Congratulations Patrick

"Today is your day.
You're off to great places!
You're off and away!

You have brains in you head.
You have feet in your shoes.
You can steer youself
any direction you choose.

You're on your own.
And you know what you know
And YOU are the guy who'll decide where to go."
Dr. Seuss

We are so very proud of you.
Mom and Dad

Congratulations Adam

"Why?"
Why, because we love you!
Love, Mom, Richard, and Ashley

Congratulations Meg!

We Love You!!

Mom, Dad, and
Kevin

Rebecca Whiteford

"What lies behind us and what lies before us are tiny matters compared to what lies within us."
Ralph Waldo Emerson

We are so very proud of you.
Thank you for being such an outstanding daughter and sister.

Love,
Mom, Dad, and Andrew

CONGRATULATIONS!

FIELD HOCKEY

Congratulations Field Hockey Seniors!
2003 WESTERN MA CHAMPIONS
We are so proud of you!

Love,
The Andrews, Demas, Hoff, Manzi, and Zwirko Families

Chris McKenna

You're a world away from what you knew. Your outlook on life will always get you through.
Love,
Mom, Dad, Ashlie, Sean, Rich, and Dillon

Alexander Shebar

It was a long strange trip that has brought you to this point. You have traveled superbly. We anticipate greatness in your continuing journey through life. Wherever the road may lead, we know you will succeed.
Love, Mom, Dad, Bryan, and Colin

MATT BERTUZZI

Ever the maestro...

Let your passion and
personality guide your
dreams!

With love,
Mom, Dad, Jared and Jillian

Joey Funari

CONGRATULATIONS JOEY!

Love,
Grandma, Mom, Dad, and Nina

Bailley & Brett

THEN & NOW FRIENDS FOREVER

Friendly
Friendly

Love,
The Mazur's & Johnston's

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Congratulations to the
Class of 2004

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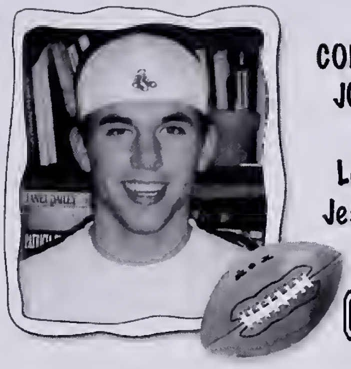

CONGRATULATIONS
JOEL, YOU DID IT!

Love, Mom, Dad,
Jessica & Jameson

GO LANCERS!

May all your
tomorrows be filled
with success and
happiness
Love
Mom,
Mark, and Amanda

Shannon Demas

Congratulations Shannon! We are so proud of you. You have worked so hard and accomplished so much. We love you very much!

Way to go Sweet Pea!

Congratulations Brian & Andrew

May all your dreams come true!

Love,
The Sheas and Salinskis

Congratulations Melissa!

May all your dreams come true.

Love,
Mom, Dad, Mathew,
and Kaitlyn

Ashlie B. Talbot

You have grown from a fragile little girl to a beautiful young woman. You have amazing determination, compassion, and spirit.
Go after your dreams.

Love,
Mom, Dad, Richie,
Sean, Dillon and
Chris.

Thanks Meghan...

...for being a great student, an outstanding athlete, and an all 'round good kid...and for being my granddaughter!

Luv yuh,
Grandpa

Congratulations Tommy

Always be yourself and you will surely be successful!

Love,
Dad, Mom, Nick, and Rocket

Eileen

Congratulations on a job well done!! Your excellent work is recognized and appreciated.

Love,
Mom, Dad, and
Mary Kate

Adam Joel Singer

Wow! You did it with substance and style!

We congratulate you on a superb job.
All your hard work and effort paid off.
We're so proud of you and your accomplishments.
May your future unfold with many wonderful and beautiful events.
We were truly blessed with a great son.
All our love and very best wishes,
Mom and Dad

Ryan Coughlin

Congratulations Ryan!

We are very proud of you!
Love, Mom, Dad,
Lindsay, and Shane

Nick Humberston

Congratulations on your graduation. You have been the center and joy of our lives from your first day on earth. We know you will always be guided by your strong sense of honor and integrity. We will always love you and be there for you! Do it your way!

All our love,
Mom, Dad, and
Sandy

John Golden

We are very proud of you.
Love,
Mom, Dad,
and Jessica

Congratulations on Your Graduation

YEARBOOKS MAKE LASTING MEMORIES

Congratulations to the Graduating Class of 2004

On behalf of Masacksic, we would like to wish the Graduating Seniors the best of luck!

The memories that we've created will become lasting impressions.

Annie Durfee

Congratulations, Annie!

Time for the Next BIG Step!

Love,
Mom, Dad, Marie, Liz, and Ben

Erin & Kim

Congratulations and Best of luck.

On behalf of Masacksic, We all want to thank you for the long and fun hours that you put into the yearbook.

The Editors of Masacksic

Precious Memories...

CONGRATULATIONS CLASS OF 2004!

Her most treasured memories captured with charms
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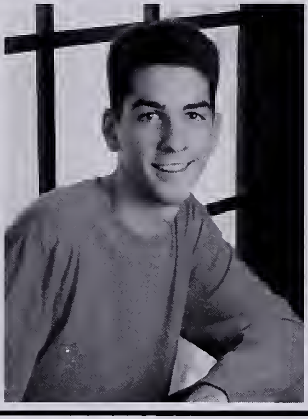
Evan Souliere



Oh Ev, Where has the time gone??

We Love You!!
Mom & Dad

Soccer Seniors

Alex Sklar, Mike Kirstein, Bobby Sullivan, Jeff Hambro, Rory O'Brien, and Luke Consolini

Congratulations Seniors!
Best of Luck!
Longmeadow Boys Soccer
Booster Club

Congratulations

Class of
2004!

Best of Luck!

Peoples
Bank of
Longmeadow

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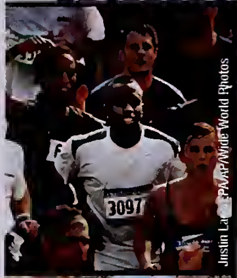
Special Thanks:

We would like to thank the Jostens Company, especially Matt Fenn, for all his support and dedication to our project. In addition, we would like to thank Phil Fisher and Jeff St. Piere for their assistance with our technology problems, Mr. Berte for providing funds to update the computers and our photograhy supplies, and the entire Greniers family and staff for their prompt efficient help, and their high-quality photography.

The entire Masacksic Staff emphatically thanks Mrs. Pion for her devotion, commitment, and support to her staff as well as to the book. She quickly adapted to the rigorous requirements of the creation of the yearbook and did a fantastic job in her first year as the club Supervisor. We are confident that under her advisement, Masacksic will grow and flourish for years to come.

human interest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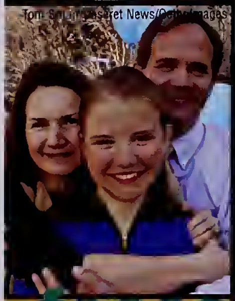
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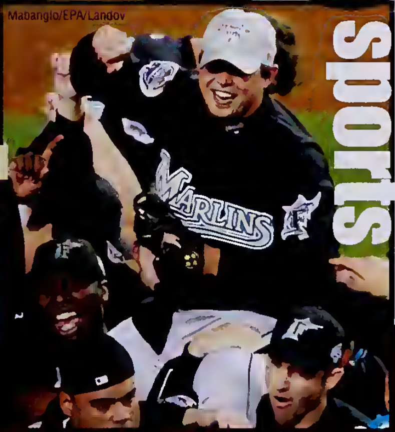
World Beat®

03-04


Mabanglo/EPA/Landov

sports

lifestyle

trends

Jutta Klee Corb

front page

headlines

AP/Wide World Photos

AP/Wide World Photos

EPA/NASA/Landov

techno

nature

HEADLINES

front page

Wide World Photos

AP/Wide World Photos

U.S. Forces capture deposed Iraqi leader Saddam Hussein in a "spider hole" at a farm outside his hometown of Tikrit.

→ In October, the Federal Trade Commission initiates the National Do Not Call Registry to minimize the number of telemarketing calls consumers receive.

Getty Images

→ President Bush becomes the first U.S. president to visit Iraq when he makes an unannounced Thanksgiving visit with troops stationed there.

Pablo Martinez Monsivais/AP/Wide World Photos

→ The abduction of University of North Dakota student Dru Sjodin, 22, results in the arrest of convicted sex offender Alfonso Rodriguez Jr., 50.

Reuters/Landov

Richard H. Cohen/Corbis

← A fatal Staten Island Ferry crash in New York harbor leaves 10 dead and dozens injured after the pilot loses consciousness and slams into the dock.

Ed Andrieski/AP/Wide World Photos

← NBA star Kobe Bryant of the Los Angeles Lakers is charged with the sexual assault of a 19-year-old Colorado woman.

Gary Tramontina/Bloomberg News/Landov

← A federal appellate court orders the removal of a Ten Commandments monument from the Alabama Supreme Court building, citing violation of the First Amendment.

flash

The economy shows signs of recovery when the Dow Jones Industrial Average tops 10,000 points for the first time in over 18 months on December 12.

The worst wildfires in California history claim 22 lives, destroy more than 3,400 homes and consume 750,000 acres of land.

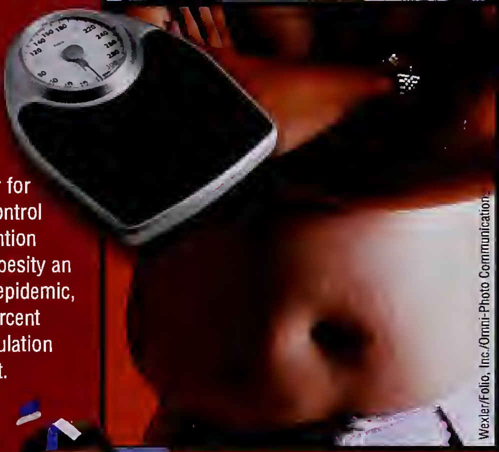
Frederic Larson/San Francisco Chronicle/Corbis SABA

UPI/Landov

→ Michael Jackson is arrested on multiple counts of child abuse after an accusation from a 12-year-old boy.

UPI/Landov

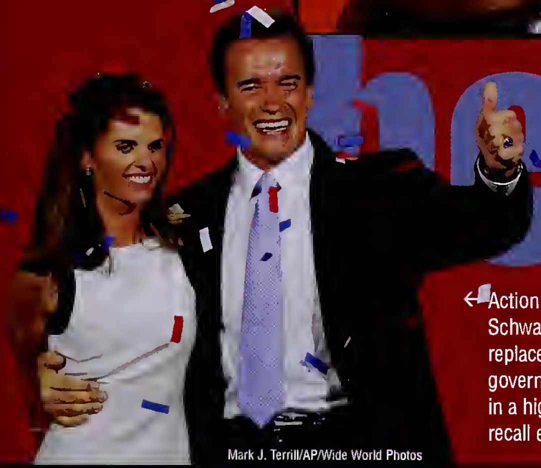
U.S. Army Pfc. Jessica Lynch, a POW of the war in Iraq, becomes a media sensation after her rescue by U.S. Forces is aired on the news.



Wexler/Folio, Inc./Omni-Photo Communications

→ The Center for Disease Control and Prevention declares obesity an American epidemic, with 64 percent of the population overweight.

headlines



Mark J. Terrill/AP/Wide World Photos

← Action star Arnold Schwarzenegger replaces Gray Davis as governor of California in a highly publicized recall election.

On August 14, the largest North American blackout occurs when three Ohio line failures leave more than 50 million people in eight states and Canada without power.

Reuters Newmedia Inc./Corbis

Brian Snyder/Reuters/Landov

← Americans rush to receive vaccinations as the country is hit hard by a new strand of the influenza virus.

Larry Downing/Reuters NewMedia Inc./Corbis

↑ President Bush signs a controversial bill calling for a $400 billion Medicare overhaul.

Reuters/Landov

← Scott Peterson stands trial on murder charges in the slaying of his pregnant wife, Laci, and their unborn son.

GLOBAL

global

Goran Tomasevic/Reuters/Landov

Rob Griffith/AP/Wide World Photos

Joe Raedle/Getty Images

On May 1, 43 days after the war in Iraq began, President Bush declares "major combat operations in Iraq have ended." As hundreds of thousands of U.S. and British forces remain to restore peace and deliver aid to Iraqi citizens, more soldiers are killed in the months after the war than during it.

→ Around the world, "flash mobs"—large groups of people recruited by anonymous organizers via the Internet—gather, perform a wild act and quickly disperse.

Alexandre Meneghini/AP/Wide World Photos

→ In a dramatic six-day ordeal, rescue workers save 44 of 46 Russian miners trapped in a water-filled coal mine.

Sergei Venyavsky/AP/Wide World Photos

→ Tens of thousands of Palestinians are cut off from family and livelihoods when Israel builds a concrete barrier beyond the cease-fire line in an effort to curtail Palestinian terrorist activities.

Yolberg/EPA/Landov

Franck Prevel/AP/Wide World Photos

← A European heat wave in August claims more than 19,000 lives, making it one of the world's deadliest hot-weather disasters.

Bazuki Muhammad/Reuters/Landov

← The World Health Organization reports that severe acute respiratory syndrome (SARS) infected more than 8,000 people in over 25 countries, killing 700.

Ben Curtis/AP/Wide World Photos

PEACE AT LAST !!!

← An Economic Community of West African States peacekeeping coalition ends 14 years of fighting between Liberian rebels and government forces, sending tyrant Charles Taylor into exile.

On December 26, a devastating earthquake measuring 6.6 on the Richter scale strikes the Iranian city of Bam, killing more than 41,000 people.

Shahram Sa

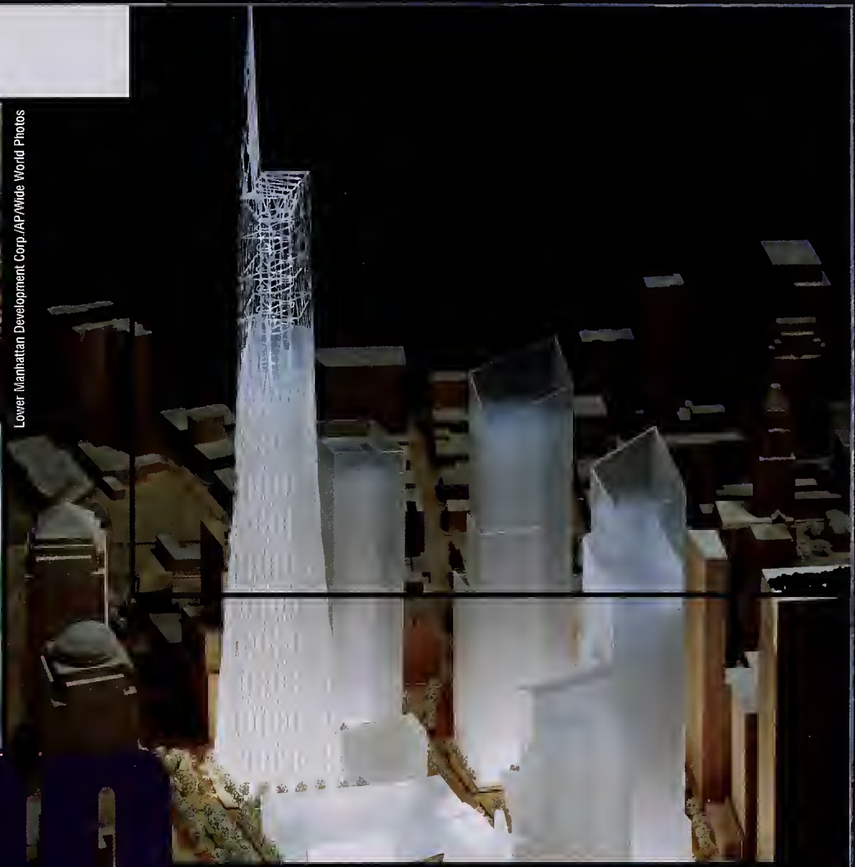
human interest

→ During the summer of 2003, low-risk prison inmates help battle Southern California's wildfires for only $1 an hour.

nchez/AP/Wide World

→ At a St. Louis dog shelter, Cain, a one-year-old mutt, survives tranquilization and a trip to the gas chamber and is then adopted by the animal shelter owner.

Bill Greenblatt/UPI/Landov



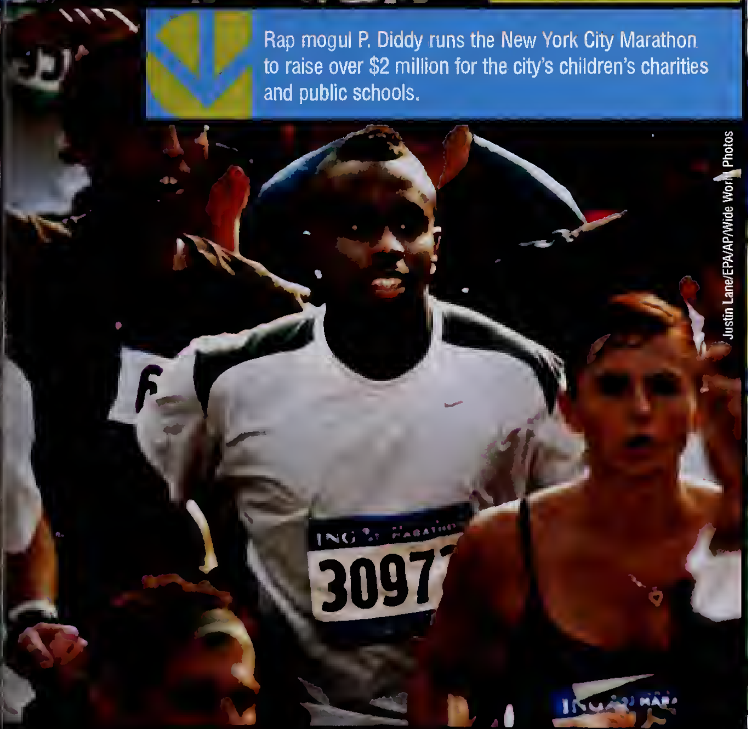
Lower Manhattan Development Corp./AP/Wide World Photos

↑ The world's tallest structure — a 1,776-foot spire — anchors a memorial entitled "Reflecting Absence," which is chosen to fill the World Trade Center site.

[illegible]

← Comedian Robin Williams travels to Baghdad to lighten the spirits of U.S. troops as he kicks off a holiday tour of U.S. bases in the Middle East.

↓ Rap mogul P. Diddy runs the New York City Marathon to raise over $2 million for the city's children's charities and public schools.



Justin Lane/EPA/AP/Wide World Photos

chard arson/ uters/Landov

← While aboard the International Space Station, Russian cosmonaut Yuri Malenchenko marries his American girlfriend by video link in the first "space wedding."

Ali Khaligh/UPI/Landov

↑ Iranian lawyer Shirin Ebadi wins the 2003 Nobel Peace Prize for human rights activism as she fights to improve the status of refugees, women and children in Iran.

Eric Risberg/AP/Wide World Ph

← Golfer Tom Watson donates his $1 million Charles Schwab Cup winnings to fund research for Lou Gehrig's disease, which has stricken his caddie, Bruce Edwards.

SCIENCE

techno

EPA/NASA/Landov

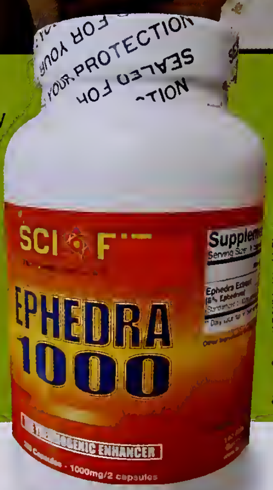
In January 2004, the Mars exploration rover Spirit lands safely and NASA releases the first 3-D images and the sharpest color photos ever taken of the surface of Mars.

Reuters Newmedia Inc./Corbis

→ Fast-food patrons can now get their food even quicker, thanks to McDonald's introduction of self-service ordering kiosks.

Chitose Suzuki/AP/Wide World Photos

→ FluMist, America's first intranasal influenza vaccine, provides needle-wary patients with an alternative for the 2003 flu season.



SCI FIT
EPHEDRA
1000

Steven Senne/AP/Wide World Photos

→ The Food and Drug Administration bans dietary supplements containing ephedra due to health concerns and warns consumers not to take products containing the stimulant.

Betz/AP/Wide World Photos

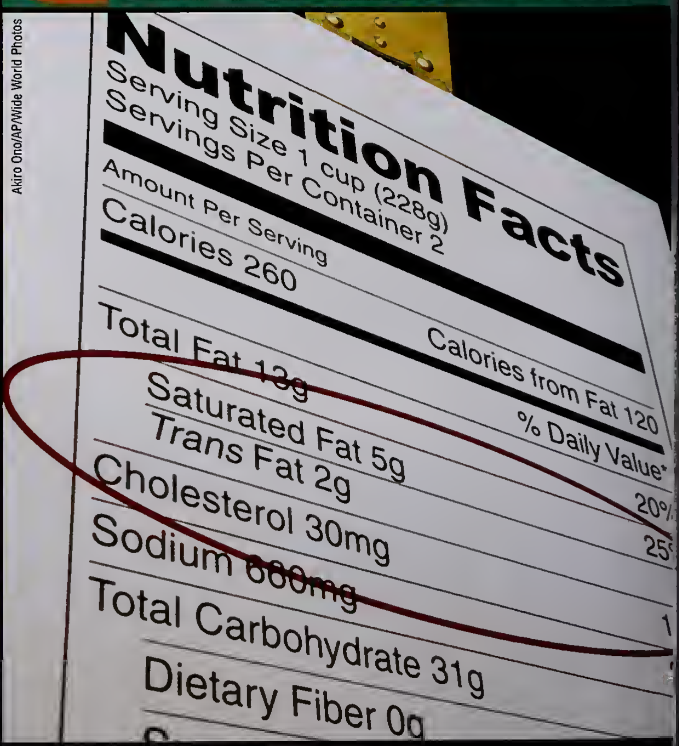
← British Airways and Air France ground the supersonic Concordes after 27 years of service. Despite their speed, the aircraft were uneconomical to operate.

← In response to e-mail spam, the Can-Spam Act requires e-mail marketers to clearly label messages as ads and include an Internet-based opt-out feature.

Wang Jianmin/Xinhua/Corbis

← In October, China becomes the third country to travel in space when the world's first successful taikonaut, Yang Liwei, returns to Earth after 21 hours in orbit.

The Food and Drug Administration mandates that nutrition labels disclose the amount of cholesterol-increasing trans-fatty acids.



Nutrition Facts
Serving Size 1 cup (228g)
Servings Per Container 2
Amount Per Serving
Calories 260
Calories from Fat 120
% Daily Value*
Total Fat 13g
Saturated Fat 5g
Trans Fat 2g
Cholesterol 30mg
Sodium 660mg
Total Carbohydrate 31g
Dietary Fiber 0g

Akiro Ono/AP/Wide World Photos

→ In June, pet prairie dogs in Wisconsin, Illinois and Indiana infect people with monkeypox after being infected by a giant Gambian rat while in transit.

Rich Miller/The Indianapolis Star/AP/Wide World Photos

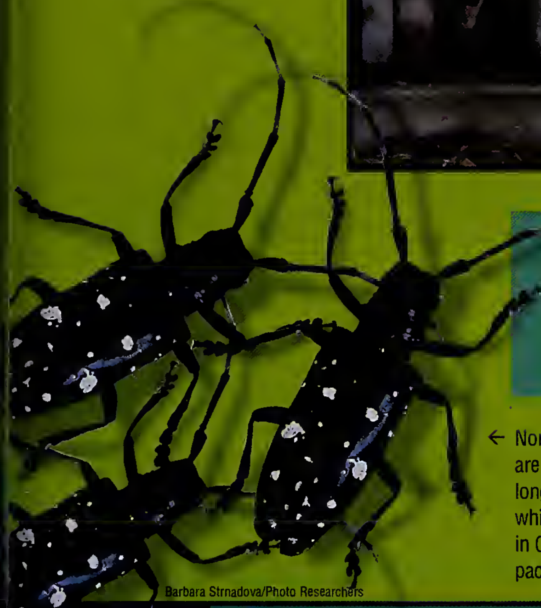
→ Federal workers in Washington kill a herd of 449 calves that include the offspring of a Holstein infected with mad cow disease.

Kevin P. Casey/EPA/Landov

Heather [illegible]-Photo Communications

↑ Hurricane Isabel knocks out power to more than 3.5 million people as it wreaks havoc on the nation's eastern seaboard.

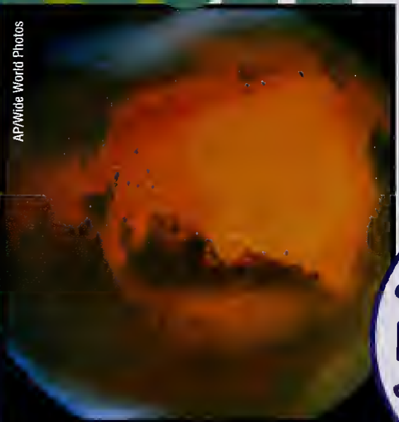
nature


Barbara Strnadova/Photo Researchers

← North American trees are threatened by Asian longhorned beetles, which allegedly arrived in Chinese wooden packing material.

↓ The strongest solar storms to hit the Earth in 11 years cause northern lights to appear as far south as Texas.

Hinrich B. S


AP/Wide World Photos

← In August, Mars' orbit brings it closer to Earth than it has been in 60,000 years.

CONTAINS NO CFCs WHICH DEPLETE THE OZONE LAYER

NO CFCs

↑ American scientists discover the deterioration of the atmosphere's ozone layer is slowing. The 1996 worldwide ban on CFC gases is credited for the improvement.

John McConnico/AP/Wide World Photos

← Keiko, star of the *Free Willy* movies, dies of pneumonia at the age of 27.

TRENDS

The "Laverne and Shirley" look becomes fashionable again in the retro monogram clothing and accessory trend.

Kevin Winter/Getty Images

← Celebrities like FOX's "That '70s Show" star Ashton Kutcher make the "trucker hat" a fashion must-have.

← The country goes low-carb diet crazy, with dieters demanding food products and menu items with fewer carbohydrates.

Everett Collection

← Popularized by music stars like Busta Rhymes and J.Lo, track suits are seen everywhere.

American teenagers take up knitting and form knitting clubs at many schools across the country.

trends

→ Girls get into breakdancing at events like the Qween B Breakgirl competition in San Diego, the country's biggest female breakin' competition.

Babatunde Martins

↓ With the resurgence of '80s-style rock music, '80s clothing styles make a comeback of their own.

Ruymen/Reuters/Landov

Graylock.com/Retna Ltd

↑ The year's hottest foot fashion is the Australian-made Ugg boot, which stays cool in heat and warm in cold.

Mary Ann Chastain/AP/Wide World Photos

↑ The College Entrance Examination Board develops a revision of the SAT that tests for increased vocabulary and writing skills.

MINI COOPER

↑ The pint-sized MINI Cooper, by Motorwerks, starts a European auto revolution on U.S. streets.

Ron Edmonds/AP/Photo

Drivers find a spacious but expensive ride in the General Motors Hummer H2. In response to criticism, GM promises to release a more fuel-efficient version in the future.

lifestyle

PURIFIED WATER
DASANI
Coca-Cola

← To improve lunch and vending machine nutritional values, the U.S. Department of Agriculture issues tougher regulations for American schools.

Affordable, over-the-counter teeth whitening kits have consumers smiling, as they no longer have to visit the dentist for this cosmetic procedure.

Crest
Whitestrips
Colgate
Simply White

Photodisc

← Avon, the world's largest direct seller of beauty products, introduces mark — a new cosmetic line intended for teens to sell.

David Parket/Omni-Photo Communications

THE UNITED STATES OF AMERICA
TWENTY DOLLARS

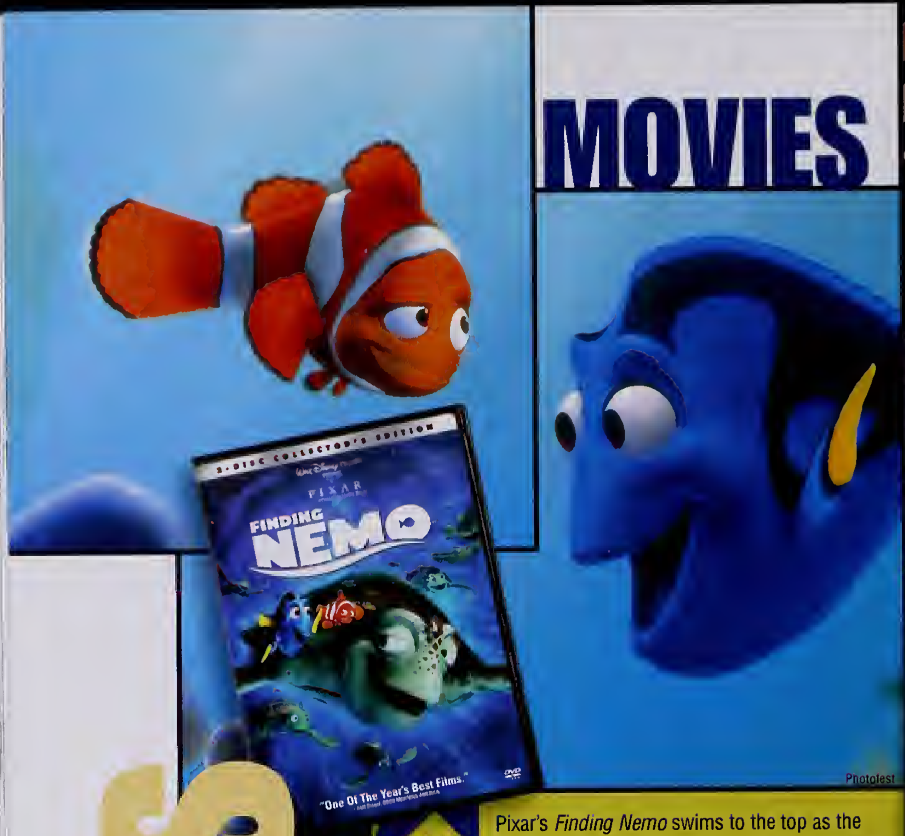
↑ In an effort to thwart counterfeiters, the U.S. Treasury releases a colorful new $20 bill, with a background blend of blue, peach and green.

Morgan/Corbis

← A new study reveals the Top 10 most dangerous U.S. occupations. Lumberjack tops the list.

MOVIES

movies


2-DISC COLLECTOR'S EDITION
Walt Disney Pictures
PIXAR
FINDING NEMO
"One Of The Year's Best Films."

Photofest

Pixar's *Finding Nemo* swims to the top as the highest-grossing animated movie and top-selling DVD of all time in the United States.

Photofest

→ Keira Knightley and Parminder Nagra get a kick out of breaking stereotypes on and off the soccer field in the British comedy *Bend It Like Beckham.*

Photofest

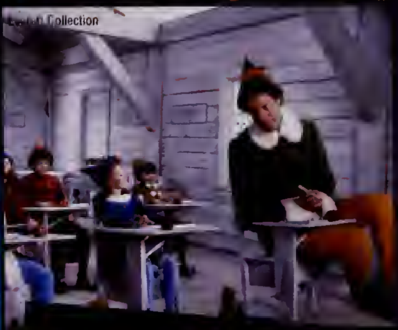
→ The two most anticipated sequels of the year, *Matrix: Reloaded* and *Matrix: Revolutions* turn out to be major disappointments for fans and critics alike.

Universal/Everett Collection

→ Tobey Maguire rides high in the successful summer flick *Seabiscuit,* nominated for an Academy Award for Best Picture.

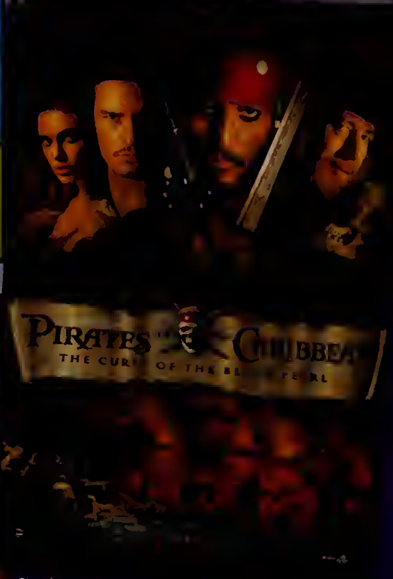
Photofest

← Bill Murray gives a career performance in *Lost in Translation,* from director and Golden Globe-winning screenwriter Sofia Coppola.



Everett Collection

← Will Ferrell continues his comedic success in the heartwarming holiday hit *Elf.*


PIRATES OF THE CARIBBEAN
THE CURSE OF THE BLACK PEARL

Photofest

← Heartthrobs Johnny Depp and Orlando Bloom make Disney's *Pirates of the Caribbean: The Curse of the Black Pearl* a swashbuckling success.

Frodo and company complete their epic journey in *The Lord of the Rings: The Return of the King,* winner of the Golden Globe for Best Picture, Drama.

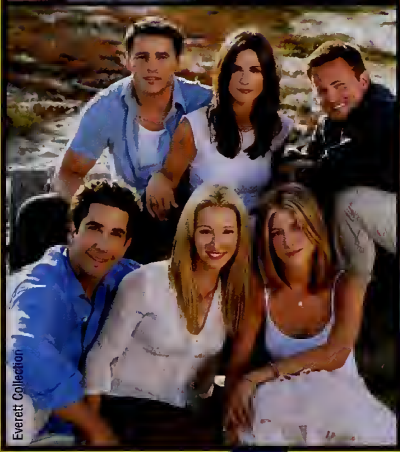
Everett Collection

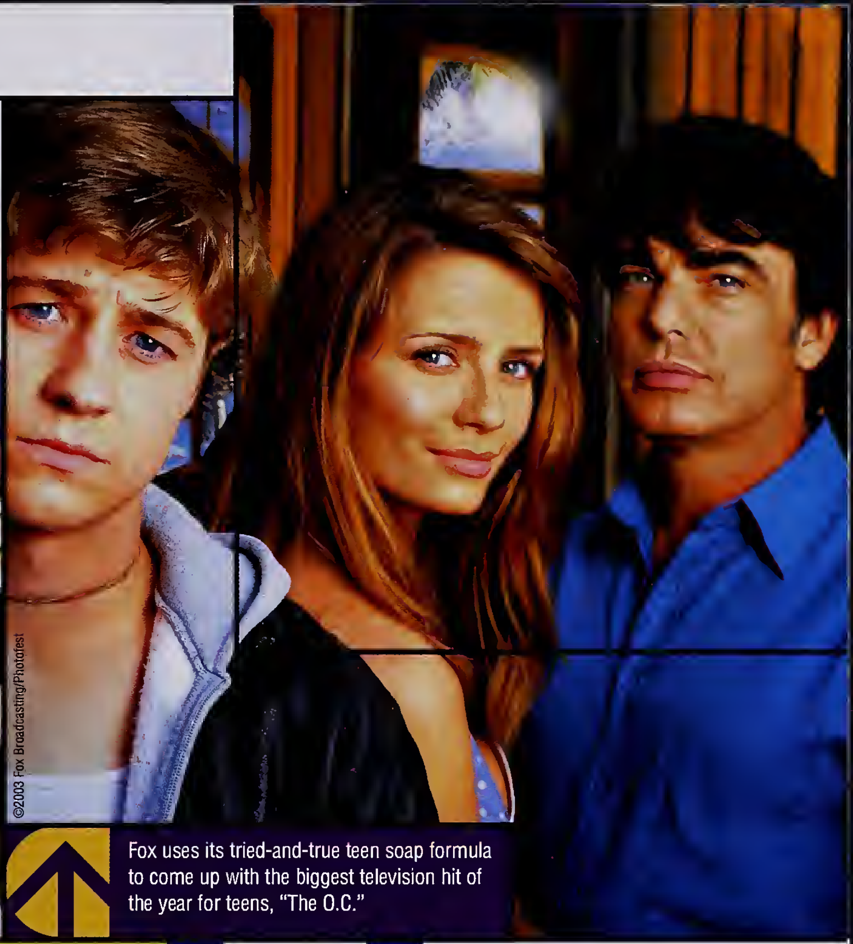
television

→ The pulse-pounding CBS hit "The Amazing Race" wins the inaugural Emmy Award for Best Reality Program.

CBS/L

→ America bids farewell to the cast of "Friends" after the NBC sitcom's 10th and final season.


Everett Collection


©2003 Fox Broadcasting/Photofest

↑ Fox uses its tried-and-true teen soap formula to come up with the biggest television hit of the year for teens, "The O.C."

↓ In February 2004, CBS airs "Survivor: All-Stars," starring past "Survivor" winners and contestants.

CBS/Landov

Frank Micelotta/Getty Images

← Jessica Simpson, star of MTV's "Newlyweds" with husband Nick Lachey, makes entertainment headlines for mistaking Chicken of the Sea tuna for chicken.

Everett Collection

↓ Shows such as TLC's "Trading Spaces" and Bravo's "Queer Eye for the Straight Guy" create a new niche for the home improvement TV genre.

Stephen Chernin/AP/Wide World Photos

Everett Collection

↑ Famous for "Three's Company" and star of ABC's "Eight Simple Rules for Dating My Teenage Daughter," actor John Ritter dies suddenly from heart failure in September.

← "Alias" star Jennifer Garner earns high viewer ratings for ABC TV and lights up the big screen in *13 Going on 30*.

MUSIC

Zach Cordner/[illegible]

Superstar Beyoncé Knowles stars on the big screen, releases a hit album, *Dangerously in Love*, and wins four *Billboard* Music Awards.

music

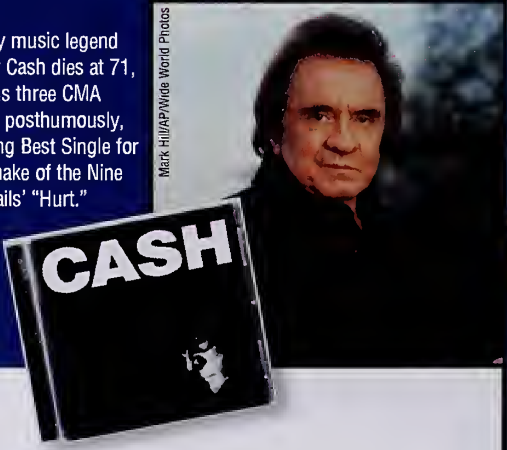
→ The Neptunes' Pharrell Williams and Chad Hugo receive three Grammy nominations as a production duo. Williams gets three more for collaborations with Snoop Dog and Jay-Z.

David Titlow/Camera Press/Retna, Ltd

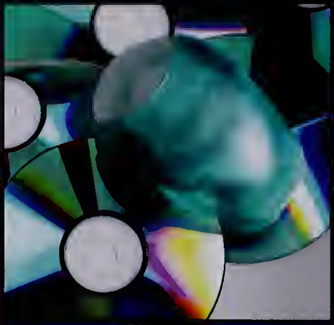
→ OutKast's genre-busting album *Speakerboxxx/The Love Below*, featuring the infectious single "Hey Ya!," wins the Grammy for Album of the Year.

Frank Micelotta/Getty Images

→ Country music legend Johnny Cash dies at 71, but wins three CMA awards posthumously, including Best Single for his remake of the Nine Inch Nails' "Hurt."



Mark Hill/AP/Wide World Photos



← The legal battle between the music industry and music downloaders prompts lawsuits and online music purchasing outlets, while driving CD prices to their lowest point in a decade.

Kevork Djansezian/AP/Wide World Photos

← According to Nielsen SoundScan, 50 Cent's debut, *Get Rich or Die Tryin'*, is 2003's best-selling album, with 6.5 million copies sold.

Carey Brandon/Redferns/Retna, Ltd

← Songwriter John Mayer wins a Grammy in 2003 for the album *Room for Squares* and follows it up with *Heavier Things*.

flash

Claiming that he has "had it with the rap game," Jay-Z, 33, retires after the release of *The Black Album*.

Coldplay claims the title of *Spin* magazine's Band of the Year, and the band's lead singer Chris Martin marries actress Gwyneth Paltrow.

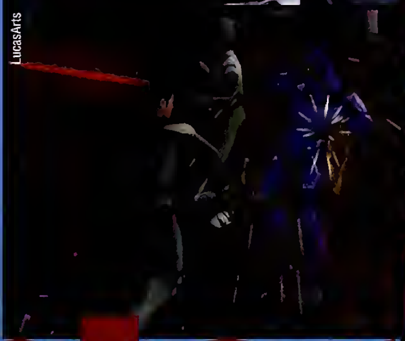
MAKE
TRADE
FAIR
Andy Cotterill/Camera Press/Retna

enter-tainment

→ In December, Rolling Stones' legendary lead singer Mick Jagger, 60, is knighted by Prince Charles.

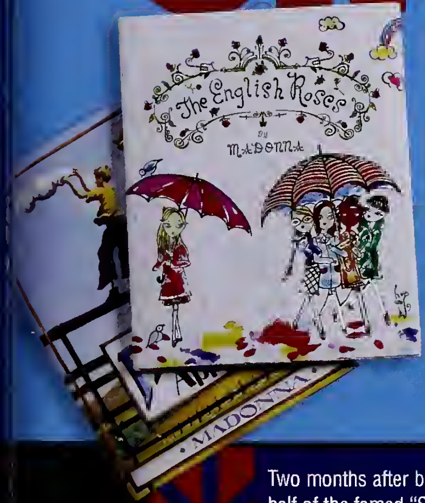
Camera Press/ROTA/Retna, Ltd

→ Role-playing games like "Star Wars: Knights of the Old Republic" find mainstream success on consoles.


LucasArts

Cedar Point Amusement Park/Resort, Sandusky, Ohio

Cedar Point Amusement Park in Sandusky, Ohio, boasts the world's tallest, fastest roller coaster, the Top Thrill Dragster.



← Pop diva-turned-author Madonna releases two children's books: *The English Roses* and *Mr. Peabody's Apples*. Her third book, *Yakov and the Seven Thieves*, arrives in late winter.

Two months after being mauled by a tiger, Roy Horn, half of the famed "Siegfried and Roy" wild animal entertainment act, is released from a Las Vegas hospital.

Ethan Miller Las Vegas Sun/Reuters NewMedia,Inc./Corbis

Joan Marcus

← Hugh Jackman of *X2: X-Men United* showcases his singing ability on Broadway in *The Boy from Oz.*

CBS/Landov

↑ On CBS's "Late Show" host David Letterman, 56, announces the November birth of his first child, a baby boy.

ERAGON
Christopher Paolini

← After the success of his best-selling fantasy novel *Eragon: Inheritance*, author Christopher Paolini, 19, begins writing the much-anticipated sequel.

SPORTS

Jon Soohoo/AP/Wide World Photos

ave Martin/AP/Wide World Photos

BCS computers fail to invite the nation's No. 1 team, USC, to the 2004 championship game. The Rose Bowl champion USC Trojans share the national title with the Sugar Bowl champion LSU Tigers.

sports

Mabanglo/EPA/Landov

→ Led by MVP pitcher Josh Beckett, the Florida Marlins beat the heavily favored New York Yankees 2-0 in game six to win the 100th World Series.

Sergio Perez/EPA/Landov

→ Tennis pro Andy Roddick, 21, also known as Mandy Moore's boyfriend, wins his first grand slam title at the U.S. Open in September.

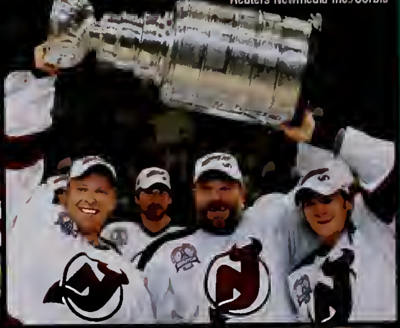
Herbert Knosowski/AP/Wide World Photos

→ In September, Kenya's Paul Tergat sets the world record in the Berlin Marathon, running the 26.2-mile course in just 2 hours, 4 minutes, 55 seconds.

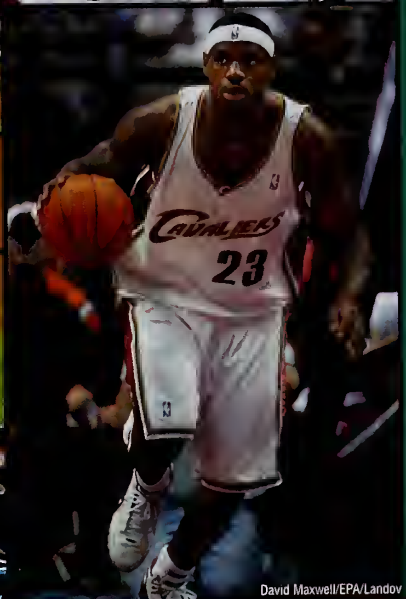
Reuters/Landov

← Despite several crashes and severe dehydration, Lance Armstrong wins his fifth straight Tour de France by a mere 62 seconds.

Reuters Newmedia Inc./Corbis



← Behind the defensive brilliance of goalie Martin Brodeur, the New Jersey Devils win the 2003 NHL Stanley Cup by icing the Anaheim Mighty Ducks 3-0 in game seven.



David Maxwell/EPA/Landov

← High school phenomenon LeBron James, 19, is picked first in the 2003 NBA Draft by the Cleveland Cavaliers and enjoys instant success as a pro.

In June, Michelle Wie, 13, becomes the youngest winner of a U.S. Golf Association adult event when she wins the U.S. Women's Amateur Public Links.

Tom Mihalek/EPA/Landov

→ The New England Patriots defeat the Carolina Panthers 32-29 with a field goal in the closing seconds to win Super Bowl XXXVIII.

→ Due to a lack of revenue, the Women's United Soccer Association gets the boot after just three seasons.

Matt A. Brown/NewSport/Corbis

Greg Fiume/NewSport/Corbis

Michael Darden/AP/Wide World Photos

Champion surfer Bethany Hamilton, 13, loses her arm in a shark attack. Just 10 weeks later, Hamilton places fifth in her age group at a National Scholastic Surfing Association meet in January 2004.

Dave Schwarz/AP/Wide World Photos

sports

← St. John's University coach John Gagliardi, 77, leads his team to an undefeated NCAA Division III Football National Championship while also setting the NCAA Football record for coaching victories with 414.

Death-defying tricks and thrills bring the extreme sports craze to new heights at the January 2004 EXPN Winter X Games VIII in Aspen, Colorado.

Gibson/Folio, Inc./Omni-Photo Communications

Bob Jordan/AP/Wide World Photos

← Matt Kenseth claims the NASCAR Winston Cup Series championship, after leading the standings through a record 33 races.

↑ Freddy Adu, 14, becomes the youngest American pro team athlete in over 100 years when he signs with D.C. United of Major League Soccer.

Reuters Newmedia Inc./Corbis

← League MVP Tim Duncan and David Robinson — in his final game — lead the San Antonio Spurs to the 2003 NBA title with a 4-2 series win over the New Jersey Nets.

Faces

ofest

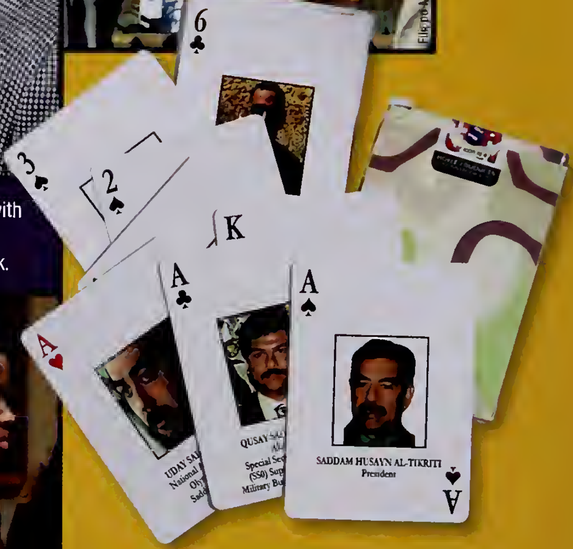
Bettmann/Corbis

Photofest

America loses three entertainment icons with the deaths of comedian Bob Hope, actress Katharine Hepburn and actor Gregory Peck.

Filippo Monte/EPA/AP/Wide World Photos

← In October, Mother Teresa of Calcutta is beatified by Pope John Paul II in Vatican City. This marks the final step before sainthood in the Roman Catholic Church.



↑ The Pentagon releases decks of 55 cards to U.S. soldiers that feature the most-wanted Iraqi leaders. Dictator Saddam Hussein is the Ace of Spades.

faces

→ In his first of a number of trials in several states, a Virginia jury sentences D.C. area sniper Lee Boyd Malvo, 18, to life without parole.

Martin Smith-Rodden/EPA/Landov

→ After winning 64 career titles, including 14 grand slam events, and a record six years ranked No. 1, tennis great Pete Sampras retires at the U.S. Open in August.

→ Teen star Hilary Duff tops off her successful movie debut, *The Lizzie McGuire Movie*, with a hit pop album, *Metamorphosis*, and a nationwide tour.

Fred Pouser/Reuters/Landov

After being abducted for nine months, Elizabeth Smart is rescued and returns home in March 2003. Her story is made into a TV movie that airs later in the fall.

Tom Smart/Deseret News/Getty Images

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